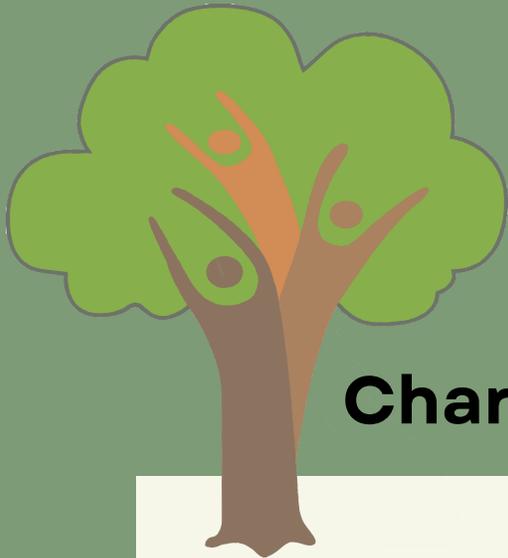


2026  
**SPRING PROGRAMMING**  
APRIL 13<sup>TH</sup>-JUNE 26<sup>TH</sup>



## What's New in The Woods

### Charleswood Active Living Centre

WELCOME TO OUR

# SPRING 2026 Newsletter

## ✦ Message From the Centre

Spring has arrived, and we're looking forward to an exciting April-June session filled with fresh programs, familiar favourites, and new opportunities to connect, stay active, and have fun together. With longer days and warmer weather, there's no better time to get out and enjoy everything our Centre has to offer.

As we plan for the year, we are also looking to fill two Board of Directors positions: Vice President and Fundraising Chair. These important two-year roles help support the long-term success of our Centre, and mentorship will be provided. If you're interested, we encourage you to put your name forward.

We are grateful for the continued support of our members and community and proud to offer a variety of activities that bring people together, whether through fitness, social events, or lifelong learning. This spring, we look forward to seeing our community come alive both inside and outside the Centre.

On behalf of the Board of Directors, we wish you a happy, healthy, and active spring season and can't wait to see you in the coming months!

Chair of the Board  
Val McGuire

#### **Charleswood Active Living Centre**

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

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

Friday 9:00am to 3:00pm

#### **Board of Directors**

President - Val McGuire

Past President - Sherry Mooney

Treasurer - Debbie Spracklin

Secretary - Dan Graham

#### **Members**

Dee Godfrey Janice Hamilton

Leslie Kerschtien Valli Kufley

Pam McKenzie Dianna Simpson

Carol Vandale



## Is Your Membership Up To Date?

*ACTIVE MEMBERSHIP = EASY REGISTRATION*

Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check online at <https://www.charleswoodsniore.org/> or call the office at 204-897-5263. Membership is \$35 per year.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

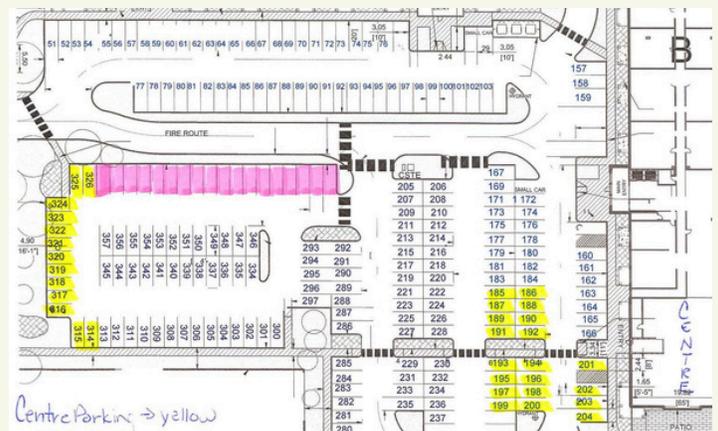
While we make every effort to inform members about expired memberships, we are not responsible for ensuring members are aware of the status of their membership.

## Parking at the Centre

33 ASSIGNED SPOTS!

We have 33 assigned spots for the Centre located in 2 places.

The lot closest to our entrance door has 20 spots and the rest are closer to Oakdale in the lot on the south when you enter the complex. That is also where the visitor stalls are located, which members may park in if there are no Centre designated spots available. Centre assigned spots are labelled. The Centre's spot numbers are 185-204 & 314-326. As many of our members reside in the complex, the need for parking stalls is more limited than at our previous location.



## Cancellation Policy

The Centre's cancellation policy can be found at

<https://www.charleswoodsniore.org/>.

Click on the "about us" tab.



# Registration Process

*REGISTER ONLINE AT  
[HTTPS://WWW.CHARLESWOODSENIORCENTRE.ORG/](https://www.charleswoodseniorcentre.org/) OR  
BY PHONE AT 204-897-5263. NO IN-PERSON  
REGISTRATION DURING THE WEEK OF APRIL 6, 2026.*

The Centre has a staggered registration process.

Registration opens in the following manner:

- Monday, April 6<sup>th</sup> at 9:30 a.m. – registration begins for Monday classes and programs and continues until they have filled.
- Tuesday, April 7<sup>th</sup> at 9:30 a.m. – registration begins for Tuesday classes and programs and continues for Monday classes and programs.
- Wednesday, April 8<sup>th</sup> at 9:30 a.m. – registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.
- Thursday, April 9<sup>th</sup> at 9:30 a.m. – registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.
- Friday, April 10<sup>th</sup> at 9:30 am – registration begins for Friday classes and programs and continues for all classes until they are full.

If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

## ONLINE REGISTRATION

To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office. To confirm that your membership will be current at registration time, you can check online or call the Centre. It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

# KATHLEEN COOK

MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



## Programming

Programming begins the week of April 13<sup>th</sup>, 2026, and ends the week of June 22<sup>nd</sup>, 2026.

No classes on Monday, May 18<sup>th</sup>

### MONDAY CLASSES

Zumba - Instructor: Emilie

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

*Mondays 9:00 - 10:00 am (10 weeks) Cost: \$80.00 (No class May, 18)  
Location: MPR*



## Weight Training - Instructor: Pete

Strength and stretch with balance. You will use your own body weight, dumbbells and bands (bring your own band), and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

*Mondays 9:00 - 10:00 am (10 weeks) Cost: \$80 (No class May, 18)  
Location: GYM*

*Mondays 10:15 - 11:15 am (10 weeks) Cost: \$80 (No class May, 18)  
Location: GYM + MPR*

## Stretch Class - Instructor: Debby

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. Also, you'll practice better pelvic alignment promoting longer, more supple hamstrings. Bring your yoga mat and band.

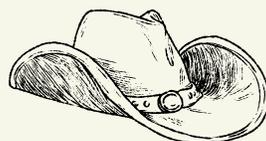
*Mondays 11:30 am - 12:30 pm (10 weeks) Cost: \$80 (No class May, 18)  
Location: GYM + MPR*

## Line Dancing Level 1 (Beginner) - Instructor: Carole

This course will introduce basic line dance steps. Easy choreography, moderate tempos and lots of repetition will get you moving to all kinds of music while learning basic line dance skills and terminology. Please wear flat shoes that allow you to move easily and bring water.

No boots allowed!

*Mondays 12:45 - 1:45 pm (11 weeks) Cost: \$72 (No class May, 4, 18)  
Location: GYM + MPR*





### Pilates - Instructor: Tracy

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

*Mondays 4:15 - 5:15 pm (10 weeks) Cost: \$80 (No class May, 18)  
Location: GYM*

### Barre Fitness - Instructor: Tracy

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

*Mondays 5:30 - 6:30 pm (10 weeks) Cost: \$80 (No class May, 18)  
Location: GYM*



## TUESDAY CLASSES

### High Intensity Interval Training (HIIT) - Instructor: Pete

Join our dynamic HIIT class! An interval workout program designed for all fitness levels. Multiple intensity levels will be offered for every exercise. Divided into 4 groups, participants will perform unique and functional movements to fun music.

*Tuesdays 9:00 - 10:00 am (11 weeks) Cost: \$88  
Location: GYM + MPR*



## Balance & Conditioning – Instructor: Pete

*A dynamic 4-part class designed to enhance overall strength and stability. Balance training to improve coordination and stability. Resistance training with dumbbells and bands. Cardio training to improve heart health and endurance. Followed by a relaxing recovery stretch. Low/medium intensity & moderate variation as required.*

*Tuesdays 10:15 – 11:15 am (11 weeks) Cost: \$88*

*Location: GYM + MPR*

## Sit & Fit – Instructor: Alan

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary, bring your own band.

*Tuesdays 11:30 am – 12:30 pm (11 weeks) Cost: \$88*

*Location: GYM + MPR*

## Gentle Yoga – Instructor: Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

*Tuesdays 12:45 – 1:45 pm (11 weeks) Cost: \$88*

*Location: GYM + MPR*

## Chair Yoga – Instructor: Mary Lou

Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age.

*Tuesdays 2:00-3:00 pm (10 weeks) Cost: \$80 (No class April 13)*

*Location: GYM*



## WEDNESDAY CLASSES

### Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

*Wednesdays 9:00 – 10:00 am (11 weeks) Cost: \$88*

*Location: GYM + MPR*

### Sit & Fit – Instructor: Eleanor

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary. Bring your own band.

*Wednesdays 10:15 – 11:15 am (11 weeks) Cost: \$88*

*Location: GYM + MPR*

### Bone Building Health & Muscle Strength – Instructor: Ery

This class will use free weights to help keep your bones strong while increasing muscle strength, improving posture, balance, coordination, and flexibility. Hips, lower back and wrists as well as your core will be targeted. Mat work is incorporated. Modifications will be made as required to meet individual needs.

*Wednesdays 11:30 am – 12:30 pm (11 weeks) Cost: \$88*

*Location: GYM + MPR*



## Restorative Yoga – Instructor: Mary Lou

The practice of restorative yoga emphasizes relaxation and stress reduction through passive poses held for extended periods of time. It activates the parasympathetic nervous system bringing us into a state of quiet calm. Perfect for all fitness levels, helps lower blood pressure, lessen anxiety and helps us sleep better. A wonderful balance to a hectic day.

*Wednesdays 12:45 – 1:45 pm (11 weeks) Cost: \$88*

*Location: GYM*



## **THURSDAY CLASSES**

### Zumba – Instructor: Emilie

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

*Thursdays 9:00 – 10:00 am (11 weeks) Cost: \$88*

*Location: MPR*

### Total Body Fitness – Instructor: Eleanor

*Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out. Bring your own band.*

*Thursdays 9:00 – 10:00 am (11 weeks) Cost: \$88*

*Location: GYM*



## Functional Fitness - Instructor: Ery

*Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.*

*Thursdays 10:15 am - 11:15 pm (11 weeks) Cost: \$88*

*Location: MPR*

## Chair Yoga - Instructor: Doreen

*Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age.*

*Thursdays 10:15-11:15 pm (11 weeks) Cost: \$88*

*Location: GYM*

## Balance and Bones Yoga - Instructor: Cathy

*"Balance & Bones" classes will start with a more active/standing "Balance" practice (Hatha yoga) to strengthen the body for the first thirty minutes. The following thirty minutes will be the "Bones" style of long held passive/seated on your yoga mat poses (Yin yoga) to open the body to more flexibility and to quiet the mind. Participants must be able to rise, stand, and also be seated on the floor/mat throughout the hour class. This class does not include the use of a chair.*

*Thursdays 11:30 - 12:30 (11 weeks) Cost: \$88*

*Location: MPR*





### Sit & Fit - Instructor: Alan

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs, and no prior experience is necessary. Bring your own band.

*Thursdays 11:30 am - 12:30 pm (11 weeks) Cost: \$88*

*Location: MPR*

### Barre Fitness - Instructor: Claudia

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

*Thursdays 12:45 - 1:45 pm (9 weeks) Cost: \$72 (Last day Jun 11)*

*Location: GYM*

### Gentle Yoga - Instructor: Cathy

This invigorating yoga based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. Each individual pose is held for an intermediate level of time. The mat based moves encompass the last 25 - 30 percent of the class.

*Thursdays: 12:45 - 1:45 pm (11 weeks) Cost: \$88*

*Location: MPR*

### PACE - Instructor: Claudia

PACE is the acronym for "People with Arthritis can exercise" It is a program designed by the Arthritis Society, that helps with gentle specific exercises for different types of Arthritis or related diseases as Fibromyalgia, Lupus, Rheumatoid Arthritis, etc. Exercises are sitting and standing, modifications are also provided.

*Thursdays 2:00 - 3:00 pm (9 weeks) Cost: \$72 (Last day Jun 11)*

*Location: GYM*



## **FRIDAY CLASSES**

### **Weight Training - Instructor: Pete**

Strength and stretch with balance. You will use your own body weight, dumbbells and bands, and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

*Fridays 9:15 - 10:15 am (11 weeks) Cost: \$88*

*Location: GYM*

### **Dynamic Movement - Instructor: Pete**

Suitable for all levels of fitness. Attention is placed on our physical and mental wellness. You will be guided through mindful breathing, functional movements, and relaxing stretches. Lymphatic self-massage will assist the immune system, releasing tension with feet care techniques, and resetting the nervous system with somatic exercises. You'll leave feeling refreshed and rejuvenated. If needed, chairs can be used during the mat component of the class. A wonderful way to start the weekend!

*Fridays 10:30 - 11:30 am (11 weeks) Cost: \$88*

*Location: GYM*

### **Fit and Tall - Instructor: Claudia**

This program focuses on Posture, Core and Balance; low impact standing-sitting exercise will challenge your equilibrium and coordination using different fitness props. Good for all fitness levels with modifications provided.

*Fridays 11:45 am - 12:45 pm (9 weeks) Cost: \$72 (Last day Jun 12)*

*Location: GYM*





## Barre Fitness - Instructor: Claudia

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

*Fridays 1:00 - 2:00 pm (9 weeks) Cost: \$72 (Last day Jun 12)  
Location: GYM*



MY  
**SMALLER NEST**  
Senior Relocation Specialist

**BRIAN McMILLAN**

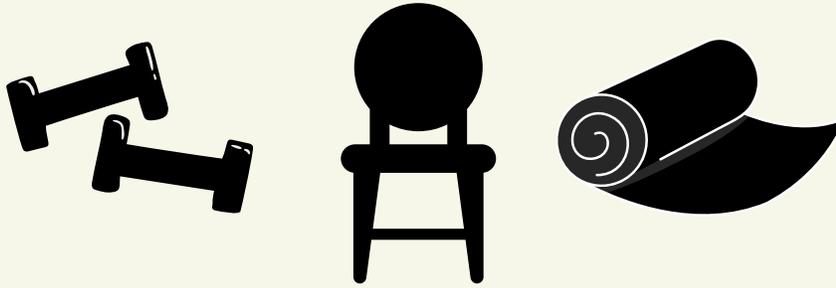
**Salesman**

Phone: **1 (204) 612-6575**

Email: **info@mysmallernest.com**

Website: **www.mysmallernest.com**





## Fitness Class Information

1. Bands can be purchased at the Centre for \$5 or \$7 depending on band.
2. Please bring your own mat for classes that require one.
3. You can refill your own water bottle from the water dispenser in the Centre.
4. Please bring a cloth with you to exercise classes. We supply cleaning spray for use on shared equipment. Spray and wipe equipment after use.
5. Outdoor shoes cannot be worn for fitness classes.

## Fitness Class Drop In

If the Fitness class is not full, a drop in is available for \$10 a class. For full classes please call the Centre day of to see if there is space.



## Pickle Ball

*Westdale Community Centre, 550 Dale Blvd.*

*All games are from 9:30am to 11:00am*

**Game is suitable for all levels.** Novice and experienced players welcome.

We do not offer beginner specific time slots.

**You must be registered to play. We do not offer drop-in slots.**

**Subs must be registered in another Pickleball program at the Centre.**

**Tuesdays** (April 14–June 23): cost \$66 (registration opens April 7 @ 9:30am)

**Wednesdays** (April 15–June 24): cost \$66 (registration opens April 8 @ 9:30am)

**Fridays** (April 17 -June 26): cost \$66 (registration opens April 10 @ 9:30am)

## Drop-In Coffee

*Charleswood Active Living Centre, 357 Oakdale*

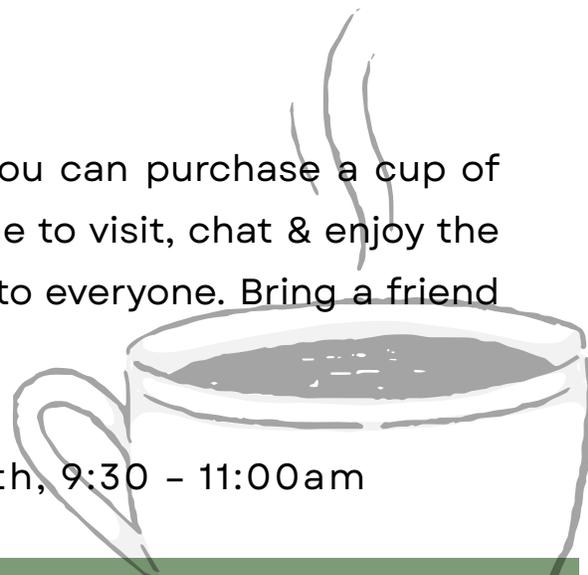
*Tuesdays 9:30-11:00am*

*April 13 - June 26*

Open to all, no membership required

Join us at the Centre for weekly Coffee Time. You can purchase a cup of coffee, tea or hot chocolate for a \$1. A great time to visit, chat & enjoy the company of your fellow Centre Members. Open to everyone. Bring a friend and show them the Centre.

Men's Coffee: the fourth Friday of the month, 9:30 - 11:00am





## Food & Flicks

### *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

Cost: \$6

Registration opens Friday, April 10 @ 9:30am

### Friday, April 24: **Little Miss Sunshine** (2006)

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus and illustrates the unique relationship between a girl and her grandfather.

Greg Kinnear, Steve Carell, Toni Collette, Paul Dano, Abigail Breslin, Alan Arkin

### Friday, May 14: **Top Gun: Maverick** (2022)

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

Tom Cruise, Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell

### Friday, June 19: **Mr. & Mrs. Smith** (2005)

John and Jane Smith, a couple in a stagnating marriage, live a deceptively mundane existence. However, each has been hiding a secret from the other: they are assassins working for adversarial agencies. When they are both assigned to kill the same target, Benjamin Danz, the truth comes to the surface.

Brad Pitt, Angelina Jolie

## Bada Bingo

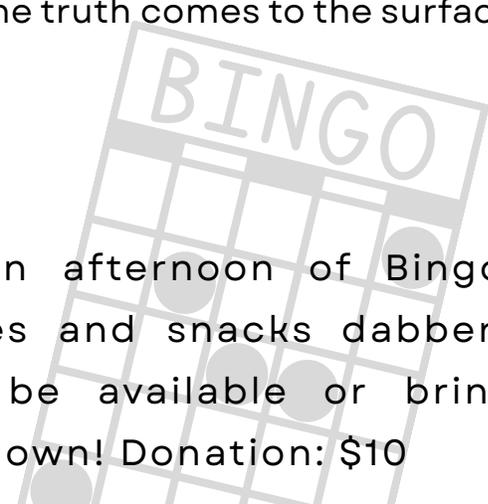
Wednesday, **April 15**, 2026 @ 1:15 pm

Wednesday, **May 12**, 2026 @ 1:15 pm

Wednesday, **June 24**, 2026 @ 1:15 pm

Registration opens April 8 @ 9:30 am

A fun afternoon of Bingo, prizes and snacks dabbers will be available or bring your own! Donation: \$10





## Tech Talk with Lloyd Gwilliam Or Ed Wright

*Tech Talk with Lloyd Gwilliam DROP IN*

*Various Thursdays of the month from 2:00 pm to 4:00 pm*

*April 16<sup>th</sup>, April 30<sup>th</sup>, May 14<sup>th</sup>, May 28<sup>th</sup>, June 11<sup>th</sup>,*

Do you have computer, iPhone, or tablet questions?

Need some clarification? Require a little help to figure something out?

Stop by and see Lloyd and Ed, our in-house technology gurus.

No cost to attend, this is not an instructional class.

We're introducing scheduled registration times to help reduce wait times.

Simply sign up for a time slot, and you can arrive at that time with minimal waiting.

Drop-ins are still welcome, but please note that those with appointments will be served first, so drop-ins may experience longer waits.

## Formal Wear Zumba

*April 14<sup>th</sup> 2:00pm (registration opens April 7<sup>th</sup> 9:30am)*

*June 19<sup>th</sup> 11:30am (registration opens April 10<sup>th</sup> 9:30am)*

\$10 for class

Get ready to move in style at Formal Wear Zumba with instructor Emilie!

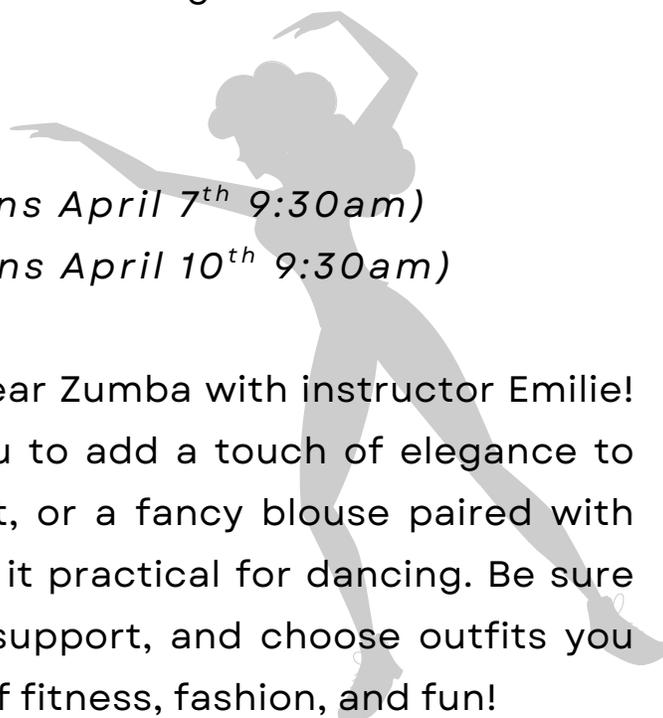
This fun and energetic class invites you to add a touch of elegance to

your workout, think a flowy dress, skirt, or a fancy blouse paired with

comfortable bottoms, all while keeping it practical for dancing. Be sure

to wear running shoes for safety and support, and choose outfits you

can move freely in. It's the perfect mix of fitness, fashion, and fun!





## Entertainment

*\$5 to attend. Pop and a snack included.*

**Keith Dyck** is a folk/roots/America artist with a country flair. His country roots run deep with an ever surfacing Rock and Roll heart. Pop and a snack included.

*Wednesday, April 29 @ 2 pm*

*Registration opens April 8 @ 9:30am*

**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 @ 2 pm*

*Registration opens April 8 @ 9:30am*

**Deception Drive** We play a mix of bluegrass, folk, country, gospel, and acoustic rock. Our songbook runs from high-energy to slow ballads...and everything in between. We love to emphasize three-part harmony singing.

*Wednesday June 10, @ 2 pm*

*Registration opens April 8 @ 9:30am*



# EVAN DUNCAN

CITY COUNCILLOR  
CHARLESWOOD-TUXEDO-WESTWOOD



*For OUR Community*

[www.EvanDuncan.ca](http://www.EvanDuncan.ca) 18



## Games

*Run from April 13 to June 26*

### BRIDGE - Location: MPR

Not suitable for beginners. There is no instructor, and this is not duplicate bridge.

*Mondays 2:00 - 4:00 pm (10 weeks)*

*Cost: \$20 (No Bridge May 18)*

*Registration opens April 6 at 9:30*

### CANASTA - Location: Meeting Room

We play a version of Hand & Foot Canasta.

*Mondays 1:00 - 3:00 pm (10 weeks)*

*Cost: \$20 (No Canasta on May 18)*

*Registration opens April 6 at 9:30*

### CRIBBAGE - Location: MPR

*Tuesdays 2:00 - 4:00 pm (11 weeks)*

*Cost: \$20*

*Registration opens April 7 at 9:30*

### MAHJONG - Location: MPR

*Thursdays 2:00 - 4:00 pm (11 weeks)*

*Cost: \$20*

*Registration opens April 9 at 9:30*

### RUMMOLI - Location: Meeting Room

*Thursdays 1:00 - 3:00 pm (11 weeks)*

*Cost: \$20*

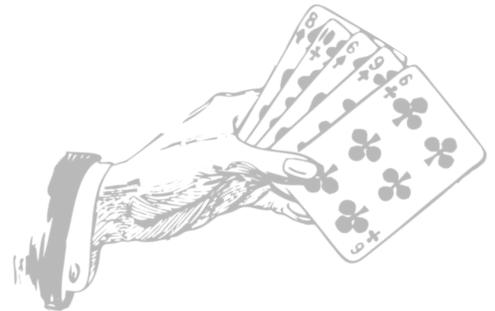
*Registration opens April 9 at 9:30*

### BOCCE - Location: MPR

*Fridays 11 am - 12:30 pm (11 weeks)*

*Cost: \$20*

*Registration opens April 10 at 9:30*



Knowledge of games is not required except bridge. In each game, returning players are willing to teach new players how to play.



## Creative Interests

### Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & items for other charities. Group meets the 3rd Thursday of the month at 10:30 am in the Meeting Room. Wool donations are always appreciated. No charge for work being done for charity.

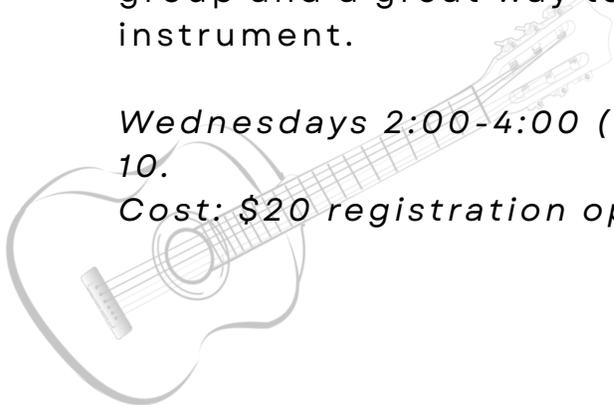


### Jammers

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Bring your own instrument.

*Wednesdays 2:00-4:00 (8 weeks) No session Apr 29, May 20, Jun 10.*

*Cost: \$20 registration opens Apr 8 at 9:30am*



### Book Club

Meets the 1<sup>st</sup> Tuesday of the month from 1:00 - 2:30 pm in the Meeting Room

Cost: \$5

Dates for this session are:

\*April 7\*

May 5

June 2

### Mystery Book Club

Meets the 3<sup>rd</sup> Tuesday of the month from 1:00 - 2:30 pm in the Meeting Room

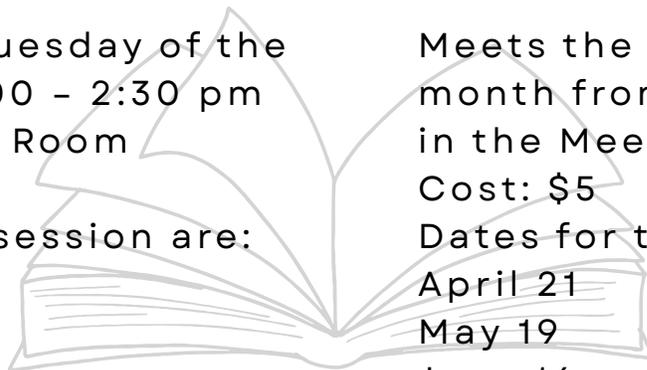
Cost: \$5

Dates for this session are:

April 21

May 19

June 16





## John Einarson

Friday, May 1<sup>st</sup> 1:00-2:30

Registration opens April 10<sup>th</sup> at 9:30

No cost to attend.

Discover how chance moments and unexpected connections helped shape the soundtrack of generations in Rock 'n' Roll Serendipity. This engaging info session explores the surprising twists, near misses, and lucky breaks that changed the course of popular music history proving that sometimes the biggest hits and movements come from the most unlikely circumstances. Perfect for music lovers and curious minds alike, it's a story of fate, timing, and the power of being in the right place at the right time.

## Paint Party

Wednesday, June 3<sup>rd</sup> 2:00

Registration opens April 8<sup>th</sup> at 9:30

Cost: \$25

Come paint with us! You'll be guided through each step of a featured picture, but your colours, style, and imagination make it truly your own. A fun, social way to tap into your creativity.

## Quiz Nite

Saturday, May 2<sup>nd</sup> doors open 6:30, event begins 7:00

Tickets on Sale now, open to all

Cost: \$25 (\$20 cash discount)

Quiz Nite is a great way to test your trivia knowledge and have fun with old and new friends. There will be tables/teams of 8, if you don't have enough for a full table the Centre will help you join a team that needs players! Snacks will be provided, and you can also bring snacks for your table if you wish. There will be prizes, wine and beer, fun and a 50/50 draw!



# Lunch of the Month

Join fellow Centre Members for the Lunch of the Month. Reservations under Charleswood Active Living Centre.

Registration opens Wednesday, April 8 at 9:30.  
Sign up online or call the office at 204-897-5263

Members may register for themselves and one guest. We make the reservations, but you are responsible for paying for your own lunch.

Note: Some restaurants automatically add a service charge or tip for larger groups. Please check your bill to be sure you don't double tip.

Wednesday, April 29 @ 11:45 am - Pur and Simple at 660 Sterling Lyon Pkwy Unit 14

Wednesday, May 20 @ 11:45 am - Original Joe's at 530 Kenaston Blvd

Wednesday, June 3 @ 11:45 am - Prairie Ink at 1120 Grant Ave (in McNaly Robinson)



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## Special Presentations

### Inner Swing

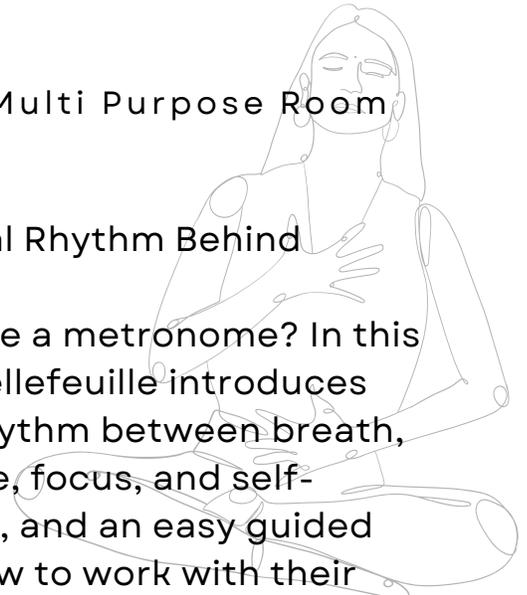
Wednesday, April 22, 2:00-3:00 pm in the Multi Purpose Room

Registration open April 8 at 9:30 am

No cost to attend

Your Inner Swing: Discovering the Body's Natural Rhythm Behind Resilience, Focus, and Well-Being

Did you know your heart is not meant to beat like a metronome? In this engaging and practical presentation, Claude Bellefeuille introduces the concept of the “Inner Swing”, the natural rhythm between breath, heart, and body that can help support resilience, focus, and self-regulation. Through simple science, storytelling, and an easy guided breathing experience, participants will learn how to work with their body’s own rhythms and leave with a practical tool they can use right away.



### Dying with Dignity

*Friday, May 6, 2:00-4:00 pm in the Multi Purpose Room*

*No cost to attend.*

*Registration opens April 8 at 9:30am*

Learn about Advance Care Planning in Manitoba

Topics addressed in the presentation include:

- Legal issues around Advance Care Planning (ACP) and Health Care Directives (HCD), including the difference between a HCD and a Power of Attorney
- Your rights as a patient
- How to choose your health care proxy (substitute decision maker)
- How to make your wishes clear and understandable
- Comparisons of different types of HCDs and how to complete them
- A look at other documents used in Advance Care Planning
- Discussion of common but imprecise phrases such as “heroic measures” and “artificial means”
- A walk through the Dying With Dignity Canada ACP workbook and HCD form
- What to do (and what NOT to do) with your HCD after it’s completed
- Issues around resuscitation
- Resources for those who want further information or guidance



## A Prairie Women's Journey

Step back in time with *The Home Front: A Prairie Woman's Story*, a heartfelt program set between 1940 and 1952, inspired by the author's mother's experience of raising two young children alone on a prairie farm while her husband served in the war. Blending personal storytelling with shared history, this one-hour session includes a reading, reflections, and an engaging discussion where participants are invited to share their own memories of World War II and the years that followed. Copies of the book will also be available for those interested.

presentation and conversation by Lynne Mitchell-Pedersen.

*Friday, May 8, 10:30 am*

*Registration opens April 10 at 9:30 am*

*Free to Attend*



### **Charleswood Active Living Centre**

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

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

Friday 9:00am to 3:00pm