

CENTRE UPDATE – APRIL 12, 2024

Registration Update

There is still room to register in the fitness classes listed below. Please note that the available spots indicated are current as of the time of this email. Click [here](#) to register online or call the office at 204-897-5263. Class descriptions are available in the [newsletter](#) and on the registration [portal](#).

Mondays

Balance & Bones 2:15pm -1 spot
Barre Fitness 11:45am - 3 spots
Butts and Guts 1:00pm – 1 spot

Tuesdays

High Intensity Interval Training (HIIT) 9:15am – 1 spot
Sit & Fit 12:00pm - 1 spot
Yin Yoga 2:30pm - 2 spots

Wednesdays

Gentle Yoga 1:30pm - 2 spots
Hatha Yoga 2:45 pm - 8 spots
Pilates Spring 12:15pm - 2 spots
Total Body Fitness 9:30am - 3 spots

Thursdays

Barre Boot Camp 11:45am - 3 spots
Chair Yoga 10:30am - 3 spots
Functional Fitness 2:30pm - 10 spots
Zumba Spring 9:15am - 1 spot

FRIDAYS

Circuit Training 12:15pm – 3 spots
Sit & Fit 9:30am – 7 spots

NEW CLASS

Mobility & Self Care Fridays at 1:30pm

This is a low intensity class that places attention on physical & mental wellness. You will be guided through mindful breathing, functional movements, and relaxing stretches. You will be performing lymphatic self massage to 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. Must have the ability to sit on the floor and to get up off the floor.

To get a sneak peak of what you can expect from this class, click on the link:
<https://www.youtube.com/watch?v=9Pu9RuuGw0I>

Pickleball Update

Friday's session requires 10 people in total to move forward and there are currently only 3 people registered. If you are interested in playing pickleball register online or call the office ASAP.

Upcoming presentations, programs and activities

Some spring presentations and programs are already full, while others still have room to register. You can register now for the following:

Lunch of the Month

Wednesday, April 17, 2024 @ 11:45am

Pony Corral Grant Park, corner of Wilton Street & Grant Avenue. Pre-registration required.

Card Making

Tuesday, May 14, 2024, 10:00am. Cost \$10.00

Tech Support for Apple Ipad

Monday, May 6, 2024, 10:00am. No cost to attend

Creative Writing

Starts Thursday, April 25, 2024, 10:00am (8 weeks) Cost \$40.00

Historical Presentations

Presented by Greg Agnew, speaker, historian, researcher, and Heritage Winnipeg Board Member

- **Beginning of a City - Early Winnipeg**

Monday, April 29, 2024 @10:00am

"When did we get here? Why did we come? Let's investigate and find out all the answers, so YOU can impress your friends or family."

- **Selkirk Settlers**

Monday, May 13, 2024 @10:00am

"We learned last time about how we started and when the Selkirk Settlers arrived. Now we will go in depth to see the trials and tribulations they went through so we could be here today. A must-see Presentation!!"

Q DOC

Tuesday, May 7, 2024 @ 10:00am

Q DOC is a Manitoba Health covered service where you can see a doctor from the comfort of your own home via a face-to-face video calls. Doctors can provide non-controlled prescription or refills, diagnostic imaging and lab requisitions, sick notes and referrals for in patient care.

Tech Support for Apple Ipads

Monday, May 6, 2024, 10:00am. No cost to attend

Need help understanding your new iPad? Got an annoying issue you can't seem to resolve? This class, taught by Lloyd Gwilliam, may be for you.

Movie and a Munch

1:00pm - Upstairs at the Centre No cost to attend.

Wednesday, April 24th: "A Man Called Otto"

Wednesday, May 15th: "The Iron Lady"

More information on the above programs can be found in the newsletter.

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN

Thursday April 18 from 1:00pm to 3:00pm

Thursday May 9 from 1:00pm to 3:00pm

Thursday May 23 from 1:00pm to 3:00pm

Do you have computer, iPhone, or tablet questions?

Need some clarification? Require a little help to figure something out? Stop by and see Lloyd, our in-house technology guru. This is not an instructional class, it is a drop in, just stop by the front desk to check in.

No registration required. No cost to attend.

PARTY WITH A PURPOSE Annual Fundraising Brunch

Sunday, May 26, 2024

Breezy Bend Country Club

7620 Roblin Blvd.

Doors open @ 11:30am

BRUNCH @ 12:15pm

\$60 per ticket

Please consider donating an Auction item. If it's never been used and in the original box or has the tags still on, we will gladly take it off your hands. Please drop your items off at the Centre.

Call the office to purchase your ticket. Centre membership not required.



Sand Hills Casino Trip

Event Date: May 9, 2024

Registration opens Monday, April 15th at 9:30am

Registration deadline May 6, 2024!

Cost: \$37.00/person & includes: Transportation on a luxury motor coach, \$25 player card to start you off and lunch.

Depart: 9:00am sharp from the Safeway parking lot 3900 Grant Ave. Travel time approx. 1 hour and 30 mins. **Depart Casino approximately 3:30pm.**

54 spots available. *Open to all*, Membership not required. **Please provide your name, phone number, address, birth date, menu choice and Gold Club Acct# if you have one that has been used in the past year.**

Call us at 204-897-5263 or register online at

www.charleswoodseniorcentre.org.

Please indicate your meal choice when you register:

- Cheeseburger & Fries
 - Corned Beef & Swiss Sandwich with Soup
 - 2pc Battered Fish & Fries
- One free Drink (Pop/Coffee/Tea)
\$1 charge for refills & more than one drink
Outside drinks are now allowed in Oasis lounge



Charleswood Active Living Centre



This week's Business Profile is ***The Wellington Retirement Living***

Nestled in Winnipeg's Charleswood neighborhood adjacent to the Assiniboine Forest, The Wellington is the perfect place for active retirement living in a vibrant community. Feel right at home, with more services and fewer responsibilities, so you can focus on doing the things that truly bring you happiness. Treat yourself at the beauty salon, or find a sunny spot on the patio. Challenge some friends to a board game or relax with a book in our library and lounge.

The options are endless, and yours to explore at The Wellington.

Embrace retirement living on your own terms with vitality, passion and experience the next chapter with vibrant energy and unwavering optimism. Make today the beginning of a new adventure where comfort and support seamlessly blends with a vibrant sense of community and purpose.

Welcome to [The Wellington](#).

Some Goings-on in the Community



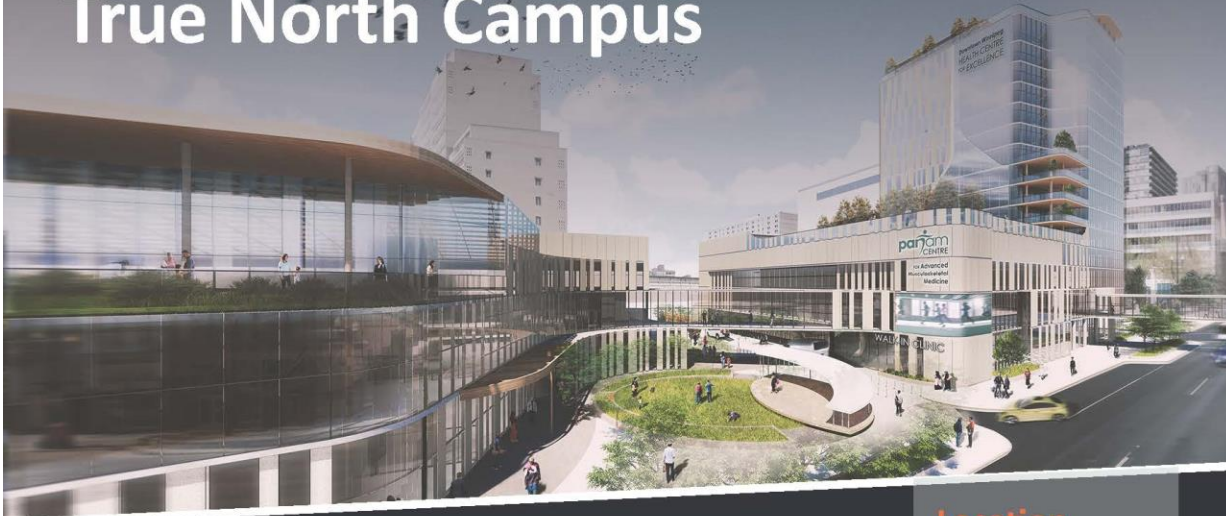
The Costume Museum of Canada
presents
Historic Fashion Review
Sunday, April 28, 2024
at 2 pm
Norwood Hotel, Winnipeg

Tickets through [eventbrite.ca](https://www.eventbrite.ca)
\$20.00

*Tickets may be purchased at the door
but there is limited seating*

Portage Place Redevelopment

True North Campus



Location

Centre Court in Portage Place (Main Floor)

Food, snacks and drinks will be served!

Public Participation

POP-UP EVENT

Visit us Thursday, April 18th, 2024!

8:00am - 10:00am *(with breakfast)*

Review information and fill out a survey

10:00am - 12:00pm

Interactive art with Graffiti Gallery

12:00pm - 2:00pm *(with lunch)*

Review information and fill out a survey

2:00pm - 4:00pm *get active with the YMCA*

4:00pm - 6:00pm *(with dinner)*

Review information and fill out a survey



Portage Place Main Floor

Please note that the survey and the information during the event will be available online. Information boards will also be displayed in a storefront in Portage Place - 2nd floor across from Art Beat Studio.

Online Survey

The survey will be open from Monday, April 15, 2024, at 12:00 PM (noon) to Tuesday, April 30, 2024. For access to the survey, please scan the QR Code or visit the following web link: <https://arcg.is/10C8080>

You can scan the QR Code using the camera on your phone



S W S R C

SOUTH WINNIPEG SENIORS RESOURCE COUNCIL



Supporting Our Seniors *Community Expo*

Thursday, April 18, 2024
10:00am - 3:00pm

SWSRC 30th Anniversary
Presentation - 12:30 pm

Westworth United Church
1750 Grosvenor Avenue

Join us for:

- Presentations at 11am & 1pm
- Community Resources
- Exhibits
- Refreshments

Support Inform Connect

For further information please
Call 204-478-6169 or resources@swsrc.ca

A few funnies for your enjoyment

- I'm thinking about removing my spine. I feel like it's only holding me back.
- I used to hate facial hair... but then it grew on me.
- Don't worry if you miss a gym session. Everything will work out.
- Ever tried to eat a clock? It's time-consuming.
- What do you call a factory that sells passable products? A satisfactory!
- I'm only familiar with 25 letters in the English language. I don't know why!
- What do you call an elephant that doesn't matter? An irrelephant!
- A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
- What did the caretaker say when they jumped out of the store cupboard? "Supplies!"
- Just received a card full of rice. It's from Uncle Ben.
- I once had a teacher with a lazy eye. She couldn't control her pupils.

Have a wonderful weekend.

Jakee Werbuk

Program Manager