



Charleswood Active Living Centre

## May & June 2023 UPDATE

[Register Online](https://charleswoodseniorcentre.org) at [charleswoodseniorcentre.org](https://charleswoodseniorcentre.org) or call the office at 204-897-5263

### Coming up in May

#### Tips For a Good Nights Sleep

Tuesday May 9, 10am

Discussion will cover the benefits of good sleep, what can cause sleep disturbance and what can be done to improve overall sleep quality.

Presented by:

Healthy Aging Resource Team St. James/Assiniboia Assiniboine South

**Registration is open. No cost to attend.**

#### Lunch of the month

**Wednesday May 10, 11:45am – Ye's Buffet**, 616 St James St. Lunch (Buffet \$17.99. 55+ receive 20% off with photo ID)

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month. Sign up online or call the office to register. Members may register for themselves and a guest. We take the registrations and call the selected restaurant with the numbers. You are responsible for paying for your own lunch.

**Registration is open.**

#### Tech Talk with Lloyd Gwilliam **DROP IN**

Thursday May 11, 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.**



## Centre Move Open House

**Monday May 15 from 10:00 am to noon.**

We will review the updated floor plans for the new Centre and the budget for this project and the move. Come any time between 10am and noon.

**No registration required.**

## Blood Pressure Testing Clinic

**Wednesday May 17, 1:00pm to 3:00pm.**

Get the information you need and a professional blood pressure reading. Please be sure to wear clothing that makes your bicep(s) easily accessible.

**Call the Centre to book your appointment. No cost to attend.**

## Bada Bingo

**Wednesday May 24, 1:00 pm**

**\$5 at the door includes 2 Bingo cards per game.**

Additional cards 50 cents each

A fun afternoon of Bingo, Prizes and Snacks

**Registration is open.**

## Heart Health

**Monday May 29, 10am**

What can you do to keep your beautiful heart healthy and how can you reduce your risk of Heart Disease and Stroke?

Presented by:

Healthy Aging Resource Team St. James/Assiniboia Assiniboine South

**Registration is open. No cost to attend.**

## Music & Muffins

**Wednesday May 31, 1:30 pm**

Come join the fun this day with Rick Roschuk & Trish Bennett as the former lead singer of The Twilights performs blasts from the 50's, 60's & 70's with various Crooner and Country hits. Music to put the 'Spring' in your heart with light-hearted laughter and memories from the past.



**Registration is open.**


**Costs covered through the Government of Canada New Horizons Grant.**





**Don't forget about:**

**The Pros Know 55 Plus Active Living & Resource EXPOS**  
Bringing the products & service resources needed by older adults to older adults in our community!

**On-Line Information Hub!**  Manitoba Association of Senior Communities |  Senior Scope  
News For and About Seniors & Seniors

 **Charleswood United Church**  
4820 Roblin Blvd.  
Thursday, May 25th  
9:30am - 2:00pm

 **NO-CHARGE  
FREE ADMISSION  
NO-CHARGE  
TO THE PUBLIC**

 Your MASC Hosts:  
Charleswood 55+  
Active Living Centre

For more Expos information:  
204.414.9290

[www.prosknowexpos.ca](http://www.prosknowexpos.ca) or [email:redroadmusic@shaw.ca](mailto:redroadmusic@shaw.ca)

## Coming up in June

### **Party With a Purpose Brunch**

**Sunday, June 4, doors open at 11:30am. Brunch at 12:15pm**

**Call the office to purchase your tickets.**

Annual "Party with a Purpose" Fundraising Event at Breezy Bend Country Club. Tickets are \$50, with a \$14 tax receipt. Everyone is welcome. You do not have to be a Centre member to attend.

The Silent Auction packages will go on display for ticket purchasing at the Centre the week prior to the event. You do not have to be at the event to win!

If you have items to donate to the Auction, please bring them by the office by Friday, May 12<sup>th</sup>.

### **Tech Talk with Lloyd Gwilliam DROP IN**

**Thursday June 8, 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.**

### **Physiotherapy and Osteoarthritis Presentation**

**Tuesday June 13, 10:30am**

Do you struggle with pain and stiffness in your joints?

Have you recently been diagnosed with osteoarthritis?

Looking to stay active but don't know where to start?

Join Physiotherapists from Kenaston Common Physiotherapy for a comprehensive guide to successfully managing osteoarthritis. Q & A to follow presentation.

**Registration is open. No cost to attend.**

## Lunch of the month

**Wednesday June 14, 11:45am – Olive Garden, 1544 Portage Ave.**

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month. Sign up online or call the office to register. Members may register for themselves and a guest. We take the registrations and call the selected restaurant with the numbers. You are responsible for paying for your own lunch.

**Registration is open.**

## Floral Arranging

**Thursday June 15, 10:00 am**

**Registration opens June 1 @ 9:30am**

Florist Kat Degner will teach you how to create a beautiful, one-of-a-kind floral arrangement for your table.

**Cost \$10.00** - A portion of the costs for this workshop are covered through the Government of Canada New Horizons Grant.

## Annual General Meeting

**Wednesday, June 21, 10:30 am**

Join us for an update on what's happening in the Centre and what's coming up. A link to the documents will be sent out the week of May 15<sup>th</sup>.

The meeting will take place upstairs at the Centre.

**Registration is open.**

## Summer Programming

- The Centre will be open on Tuesday, Wednesday, and Thursday from 9am to 3pm during July and August.
- The schedule of fitness classes and registration information will be available in early June.



**Charleswood 55 Plus Active Living Centre**  
**5006 Roblin Blvd, Winnipeg MB R3R 0G7 Phone: 204-897-5263**  
**Email: [info@charleswoodseniorcentre.org](mailto:info@charleswoodseniorcentre.org)**  
**Website: [charleswoodseniorcentre.org](http://charleswoodseniorcentre.org)**