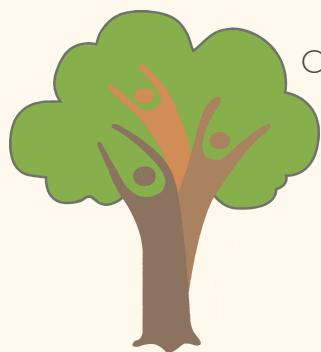




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

THURSDAY, AUGUST 6TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Bada Bingo*
- *Mystery Book Club*
- *Tech Talk*
- *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.

Bada Bingo

Monday, August 10th

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.

Spots available! Register now!

Mystery Book Club

Please find the Mystery Book Club list for 2026-2027 updated on our blog. The list has been sent to those registered for the current session. Those interested in registering for the fall session can check out the books [here](#).

Tech Talk

Thursday, August 13th

1:00-3:00

Reserve a spot to ensure one-on-one time with our tech expert Ed!

Bring your computer, tablet, phone, or any device you have questions about.

Booking a time slot guarantees your time and helps reduce waiting.

Summer Hours

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

Closed: Wednesday, July 1st, and Monday, August 3rd

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 for more information.

Moon Gate Retreat

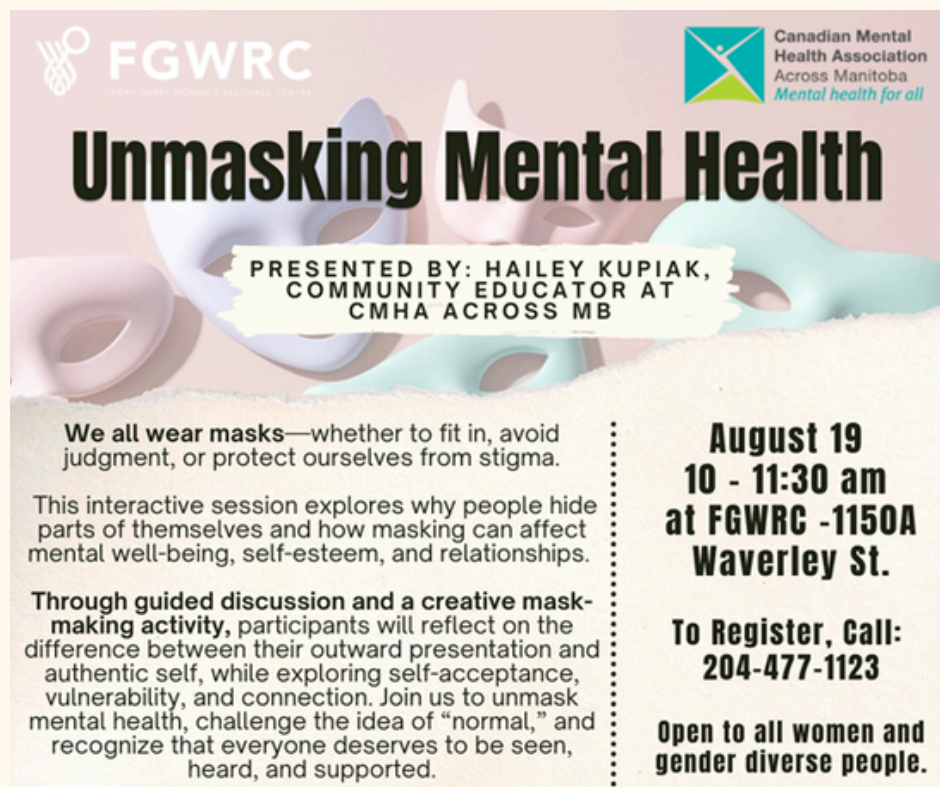
Take some time away and disconnect from your busy days enjoy the freedom with Mary Lou. Let go of things that really do not matter and one with what is present. Enjoy calming Yoga, healthy meals, and reconnect with nature, friend and self.

Date: Thursday September 10th - Saturday September 12th

Location: The Moon Gate Retreat 61105 Provincial Highway 406.

Stop by the Centre for more information or ask Mary Lou at 204-612-0312

Mental Health



FGWRC
FAMILY GROWTH WORKSHOP & RECOVERY CENTRE

Canadian Mental Health Association
Across Manitoba
Mental health for all

Unmasking Mental Health

PRESENTED BY: HAILEY KUPIAK,
COMMUNITY EDUCATOR AT
CMHA ACROSS MB

We all wear masks—whether to fit in, avoid judgment, or protect ourselves from stigma.

This interactive session explores why people hide parts of themselves and how masking can affect mental well-being, self-esteem, and relationships.

Through guided discussion and a creative mask-making activity, participants will reflect on the difference between their outward presentation and authentic self, while exploring self-acceptance, vulnerability, and connection. Join us to unmask mental health, challenge the idea of “normal,” and recognize that everyone deserves to be seen, heard, and supported.

August 19
10 - 11:30 am
at FGWRC -1150A
Waverley St.

To Register, Call:
204-477-1123

Open to all women and gender diverse people.

Sponsors

Gold Sponsors



A B R I G H T W A T E R C O M M U N I T Y

Silver Sponsors



Bronze Sponsors



Ha-Ha-Highlights

What does a sea monster snack on? Fish and ships. 🌊🚢🐟

What music do planets like to listen to? Neptunes. 🪐🎵

There are two types of people in the world, those who can extrapolate from incomplete data. 🤔📊😄

What's the best part about living in Switzerland? Not sure, but the flag is a big plus. 🇨🇭➕😄

A nurse told me, "Sorry for the wait!" I replied, "It's alright, I'm patient." 🏥⌚😄

Did you hear about the mathematician who's afraid of negative numbers? He'll stop at nothing to avoid them. -➕
🧮😄

What do you call a sleeping dinosaur? Dino snore. 🦖💤😴

This thing runs around the yard but doesn't move. What is it? The fence. 🏡🚧🚧

What did one wall say to the other? Meet you at the corner. 🧱📐😄

Which key opens a banana? Mon-key. 🐒🍌🔑😄

Have a great weekend!

Dana Poulton

Program Coordinator