



Charleswood Active Living Centre

Centre Update – November 7th, 2025

A reminder that the Centre is closed, Tuesday, November 11th for Remembrance Day.



Wine Raffle

Tickets are now on sale, 1 ticket for \$5 or 3 tickets for \$10. We still are on the hunt for wine bottle donations Bring your bottles to the Centre anytime and help us build a collection (no home brew). Cheers in advance for your generosity!

Annual Appeal

The time has come for our annual appeal. Through our growth this past year we are looking to better serve our members with extended hours and supplementary programming, we cannot achieve this without your support.

Please find [here](#) our 2025 Annual Appeal Letter from the Board of Directors.

The Annual Appeal Form is can be found [here](#).

Drop-In Coffee

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.

Tuesdays from 9:30am to 11:00am - Drop-in. No registration required





GREY CUP TICKET FUNDRAISER TICKETS \$5

FINAL SCORE: \$900.00

REVERSE SCORE REVERSE: \$100

QUARTER SCORES: \$100

QUARTER SCORES REVERSE: \$50

0-0: \$25

29-29: \$25



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Holiday Lunch

Celebrate the holidays with us! 🌟 Our eagerly anticipated holiday lunch will be held December 15th at Taverna Rodos. Registration Opens today, October 31st at 1:00pm! 🌲 Call the office to register, and please pay by cheque or cash.

A reminder that our Lunch of the Month, December 10th, is also being held at Taverna Rodos and is a different program.



JOIN US FOR A FESTIVE MEAL WITH FRIENDS AND GREAT FOOD!

HOLIDAY LUNCH

STARTER
Soup

MAIN DISH
Skewer of chicken souvlaki
Greek roasted lemon potatoes
Greek salad
Pita bread
Tzatziki on the side

*vegetarian option: vegetable stir-fry

Meal includes choice of beverage, tax, and tip.

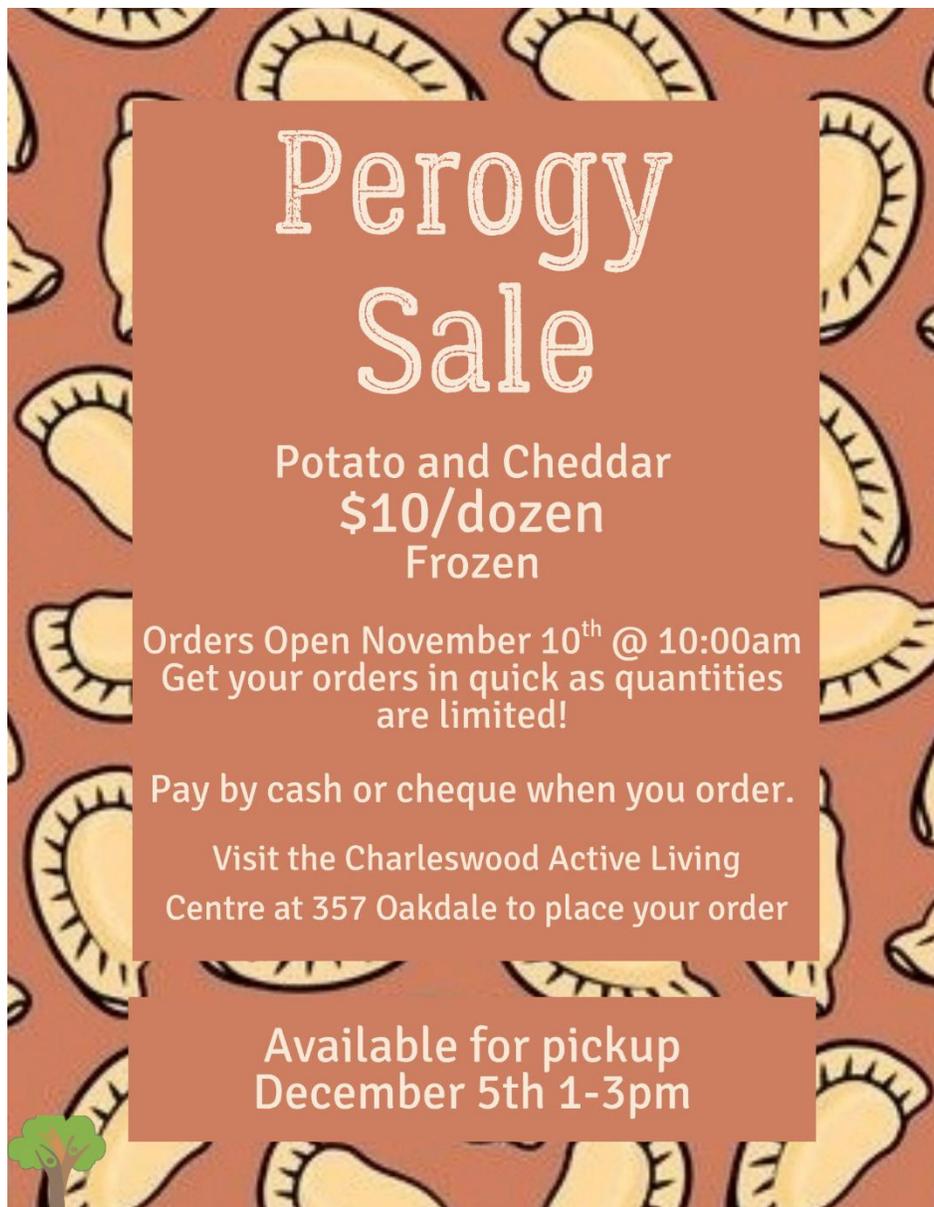
TAVERNA RODOS
5114
ROBLIN BLVD



DECEMBER 15TH
11:30AM
\$25 MEMBERS
\$30 NON MEMBERS

Registration Opens October 31st 1:00pm
Registration Closes December 5th

The poster features a dark red background with various white and gold icons including snowflakes, stars, a sleigh with reindeer, a turkey, a mug, a bell, and a Christmas tree.



Holiday Hamper

We will be doing a hamper for a family this holiday season. We will be partnering with Charleswood Cheer to help sponsor a family. The details about the family will be obtained soon, but for now keep some requirements in mind if you would like to help spread positive cheer!



REQUIREMENTS

- Perishable Foods
- Non Perishable Foods
- Fixings for Christmas dinner, including a turkey/ham/chicken (please ask recipient for their preference)
- Minimum of 1 gift for each person in the home



Our Members

Manitoba Seniors Today

Ever wanted to be on TV? This could be your chance to appear on a local community access program on Rogers TV. Lloyd Gwilliam, our very own Tech Talk guy, will be hosting a recording session in late November. The Charleswood Active Living Centre will be featured on an episode of his "Manitoba Seniors Today" program which airs on Rogers TV and YouTube. Lloyd will be set to record in the Meeting Room from 9am to noon on Thursday November 27th. If you have a few words you want to share about your program or the Centre stop by the Centre to sign up for a time between 10am and noon. No guarantee that you will make the cut but you never know!

For more information on the program check out the website:

<https://manitobaseniorstoday.com/>

Around the Community

November is Falls Prevention Month

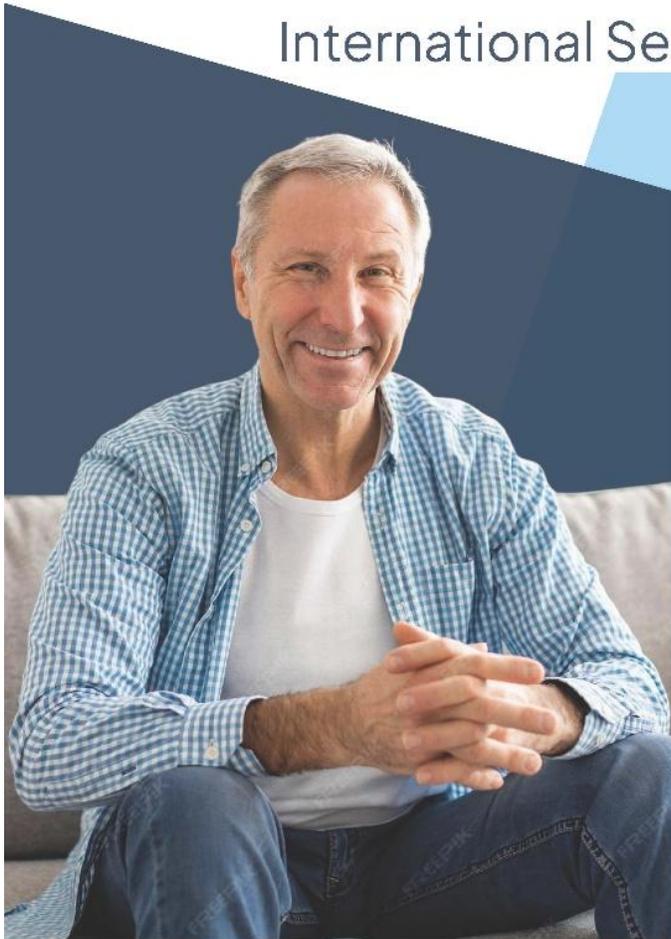
Falls are the leading cause of injury among older Canadians. 20-30% of seniors experience one or more falls each year. The majority of falls happen in the home, research suggest because we let our guard down in our home. One fall often prompts a fear of another fall, which leads to decrease in activity, which leads to decreased muscle strength and balance, which leads to an increased risk of falling...it can become a vicious cycle. The good news is that falls are preventable!

Falls Prevention Presentation: St. Ignatius Seniors Group, November 18, 1:15 - 3:00



Senior Men's Health Fair

Event hosted in honour of
International Senior Men's Day



NOVEMBER 18TH

11:30 AM - 4:00 PM

**11:30 - 1:00 EXHIBITIONS,
Snacks & Light Refreshments**

**1:00 PM PANEL ON MEN'S
HEALTH**

- Prostate Center
- Canadian Mental Health
- Heart Health , WRHA

**2:30 PM PANEL ON AGING IN
PLACE & SENIORS HOUSING**

- My Smaller Nest
- Sturgeon Creek Retirement Residence
- Victoria Lifeline
- Home Care, WRHA
- Home Instead

Presented by
Woodhaven

MENSHEd

**WESTWOOD COMMUNITY
CHURCH
401 WESTWOOD DRIVE**

Are You A Retired Woman Teacher?



Come Join the Retired Women Teachers' Association

(A Not-for-Profit Association Formed in 1951)

Camaraderie & Delicious Lunches



Entertainment



"Ring Out Handbell Quartet"



Fashion Shows



Charitable Initiatives



Fun Activities

For 74 years the RWTA has brought together dynamic retired women teachers, renewing friendships and making new ones.

You too can enjoy:

- Low annual membership fee
- Four beautifully catered luncheons per year at the Masonic Centre (free onsite parking/easy bus route)
- Guest speakers, entertainment, activities at luncheons
- Annual fashion show with exclusive access to RWTA members
- Various charitable initiatives (Women's shelters, International vision aid, Homeless shelters)

For more information or to become a member please contact: dyy@shaw.ca

Looking for Supports for Older Adults?

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Ha-Ha-Highlights

Why don't paper towels ever win arguments?

Because they *fold under pressure*. 🧻

Why did the pencil refuse to retire?

It still had a *point* to make. 🖋️

Why did the pot of soup gossip so much?

It couldn't stop stirring the *pot*. 🍲

Why was the mailbox acting suspicious?

Too many *letters of complaint*. 📧

Why did the grocery cart get promoted?

It always *carried its weight*. 🛒

Why did the nap go to therapy?

Too many *sleeping issues*. 🛏️

Why did the snow shovel get invited to every party?

It always knew how to *break the ice*. 🧊

Why was the lamp such a good friend?

It always *lightened the mood*. 💡

Why did the sweater get a standing ovation?

It had a *warm presence*. 🧶

Why did the washing machine start singing?

It was stuck on the *spin cycle*. 🎤

Why did the fridge blush?

It saw the salad *undressing*. 🥗

Have a great weekend!

Dana Poulton

Program Coordinator