CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, OCTOBER 23RD, 2026





SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Pickleball*
- *Shelmerdine Plant Fundraiser*
- *Name Tags*
- *SandHills Casino Trip*
- *Weight Donations*
- *Drop Ins*
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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.
- When visiting the Centre please use our designated parking spots marked "Charleswood Active Living Centre".

Pickleball

A reminder that there will be no pickleball on Wednesday October 28th. This is due to the space being used for the election, so don't forget to vote!

Shelmerdine Plant Fundraiser

Our winter plant fundraiser is underway! The last date to place an order is November 20, 2026.

Follow the steps below to get your order in. If you don't have an e-mail address, hard copies of the order forms can be filled out at the Centre.



The Vouchers & Gift Cards are in electronic format only. If you ordered either of these, there will be an attachment on your order confirmation e-mail. Nothing will be handed out at the Centre on November 28. Print out the attachment or show the electronic e-mail to Shelmerdine staff when picking up product. The Vouchers will need to be redeemed for product at Shelmerdine between November 23 & December 23, 2026.

Name Tags

Show your CALC spirit and get to know your peers with a personalized name tag! The Centre is selling name tags with a magnetic backing for just $10, this second order is planned to be fulfiled in January, number dependent.

Our first order has come in. Please pick up your name tag at reception. Thank you for supporting the Centre through this fundraiser!

SandHills Casino Trip

There are a hanful of spots left on the bus for our casino trip NEXT WEEK! Secure your spot now and test out your luck at SandHills on October 29th! Register online or with reception.



Weight Donations

With the popularity of weight training at the Centre, our current selection of weights has become limited. We are working on adding more weights so participants can choose the appropriate weight for their workouts.
In the meantime, if you have any dumbbells between 4–6 lbs that you would be willing to donate to the Centre, we would greatly appreciate it!
We ask the dumbells have rubber to help protect our gym floor.
Thank you for helping us continue to improve our programs and support our participants.

Drop Ins

Drop-in spots are available for many classes! If you're interested in attending a single class, please call the office to inquire about availability and reserve your spot for $10. If you're on a waitlist for a class, you'll receive email notifications if a spot becomes available.

Save the Date

Music Trivia is on November 21st, tickets will go on sale on November 2nd.
High Tea will be held on December 16th 1:30-3:30 tickets will go on sale Novemebr 9th.
Our holiday lunch will be December 14th at 11:30 at Taverna Rodos, tickets will go on sale Novemebr 5th.

Around the Community







Sponsors

Gold Sponsors

LINDEN POINTE
A BRIGHTWATER COMMUNITY

Silver Sponsors

NORTHWAY PHARMACY CHARLESWOOD

Bronze Sponsors

The Seniors Moving Company

Ha Ha Highlights

What happens when a strawberry gets run over crossing the street? Traffic jam. 🍓🚗

Some people pick their nose, but I was born with mine. 👃😂

I found a book called How to Solve 50% of Your Problems, so I bought 2. 📚🤣

I used to be afraid of speed bumps, but I'm trying to get over it. 🚗😅

Corduroy pillows are in style because they're making headlines. 🛋️📰

I ordered a chicken and an egg from Amazon. I'll let you know. 🐔🥚📦

I was going to tell a time traveling joke, but you guys didn't like it. ⏰😂

I used to run a dating service for chickens, but I was struggling to make hens meet. 🐔❤️🐔

My wife told me to stop acting like a flamingo, so I had to put my foot down. 🦩😂

Have a great weekend! I'm glad to be back.
Dana Poulton
Program Coordinator