



WHAT'S NEW IN THE WOODS

Charleswood Active Living Centre

Spring 2024

IMPORTANT DATES

Message from the Centre

It's hard to believe how quickly the winter programming session has come and gone. The clocks have already switched to daylight savings and just last week I spoke lovingly to my open toed shoes. While it's not quite warm enough outside to drive with the windows down, spring is definitely on the horizon.

The Spring Session has lots to offer. There are new fitness classes, programs and activities and some opportunities to explore your creative side. If you're looking to get in shape, try new things, get help with your technology or stay connected and socialize, we've got you covered!

We hope you find what you are looking for. We know your time is precious so thank you for choosing to spend it with us. We're glad you're here.

Jakee Werbuk
Program Manager



April 8	Registration begins
April 15	Fitness classes begin
April 15	Mystery Book Club
April 17	Lunch of the Month
April 18	Tech Talk Drop-in
April 22	MAID presentation
April 24	Movie & A Munch
April 25	Creative Writing begins
April 25	Volunteer Appreciation
April 29	Beginning of a City
April 30	Paint Party
May 6	Tech support for iPads
May 7	Q DOC Presentation
May 8	Lunch of the Month
May 9	Tech Talk Drop-in
May 13	Selkirk Settlers Presentation
May 13	Mystery Book Club
May 14	Card Making
May 15	Movie & A Munch
May 17	The Leaf at Assiniboine Park
May 20	Centre Closed -Victoria Day
May 21	Brain Health Class begins
May 22	Music & Muffins
May 23	Tech Talk Drop-in
May 23	Pros Know (CU Church)
June 3	Elvis Anthology
June 12	Lunch of the Month
June 17	Mystery Book Club
June 19	Annual General Meeting

Charleswood Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7

Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Registration Process

- Register [online](https://www.charleswoodsSeniorCentre.org/) at <https://www.charleswoodsSeniorCentre.org/> or by phone at 204-897-5263. No in-person registration during the April 8, 2024, registration week.
- The Centre has a staggered registration process.

Registration opens in the following manner:

Monday, April 8 at 9:30 a.m. — registration begins for Monday classes and programs and continues until they have filled.

Tuesday, April 9 at 9:30 a.m. — registration begins for Tuesday classes and programs and continues for Monday classes and programs.

Wednesday, April 10 at 9:30 a.m. — registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs.

Thursday, April 11 at 9:30 a.m. — registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.

Friday, April 12 at 9:30 am — registration begins for Friday classes and programs and continues for all classes until they are full.

- If you have any questions about the registration process, or are unclear how to register, please give us a call at 204-897-5263.

To register online your membership must be up-to-date and you are required to sign in with your username and password. If you do not have login information or cannot remember it, please contact the office.

It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

**ONLINE
REGISTRATION**

"If I'd known I was going to live this long, I'd have taken better care of myself." - Debbie Baxter

Fitness Classes

Registration begins the week of April 8, 2024
Fitness classes begin the week of April 15, 2024
No classes on Monday May 20, 2024

Balance & Bones - Instructor: Cathy

Good balance requires the coordination of many different systems in our body - the central nervous system, inner ear, eyes, bones and joints. Classes start with more active/standing exercises that target core and posture, balancing and movement. It includes dual task training such as performing multiple tasks at once, thinking, planning & reacting. Class ends with deep stretching and longer held passive poses (yin yoga) while seated on the yoga mat. This helps to calm our nervous system and focus on muscles, fascia, ligaments and bones. Must be able to rise, stand and sit on the floor/yoga mat. This class does not include the use of a chair.

Mondays 2:15pm (9 weeks) Cost: \$65.25

Barre Fitness - Instructor: Deb

Blends classic ballet, yoga & pilates strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of high-powered sequences.

Mondays 11:45am (9 weeks) Cost: \$65.25

Barre Boot Camp - Instructor: Deb

Barre Fitness with a little bit more. More legs, more abs, more everything! Perfect for those looking for a little something extra from their Barre class.

Thursdays 11:45am (10 weeks) Cost: \$72.50

Butts and Guts - Instructor: Deb

The focus of this class is strengthening and toning your abdominal and core and your glutes. There will be a little low impact cardio to keep things lively.

Mondays 1:00pm (9 weeks) Cost: \$65.25

Chair Yoga - Instructor: Doreen **NEW**

Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.

Thursdays 10:30am (10 weeks) Cost: \$72.50

Circuit Training – Instructor: Raul

This is an exercise program that focuses on improving your strength, endurance, balance and coordination. Each participant will move from station to station to focus on different exercises.

Fridays 12:15pm (10 weeks) Cost: \$72.50

Functional Fitness – Instructor: Andrew

Moves focus on balance, core strength, endurance and multi-joint flexibility. 20 minutes of cardio, 20 minutes of functional strength training, followed by balance training and stretching. Great for all levels.

Thursdays 1:15pm (10 weeks) Cost: \$72.50

Thursdays 2:30pm (10 weeks) Cost: \$72.50

Gentle Yoga – Instructor: Mary Lou

This invigorating yoga-based class rejuvenates your brain, challenges your balance and tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. The mat-based moves encompass the last 25-30 percent of the class.

Tuesdays 1:15pm (10 weeks) Cost: \$72.50

Wednesdays 1:30pm (10 weeks) Cost \$72.50

Hatha Yoga – Instructor: Cathy

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha Yoga is the classical form of yoga postures and breathing techniques. It increases muscle tone and improves flexibility and concentration and allows you to experience a state of deeper relaxation. Open to all levels of fitness. Not for those requiring chair use.

Wednesdays 2:45pm (10 weeks) Cost: \$72.50

High Intensity Interval Training (HIIT) – Instructor: Pete **NEW**

Join our dynamic HIIT class! An interval workout program designed for all fitness levels. Multiple intensity levels will be offered for every exercise. Divided into 4 groups, participants will perform unique and functional movements to fun music.

Tuesdays 9:15am (10 weeks) Cost: \$72.50

Mobility and Self Care – Instructor: Pete **NEW**

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. We will also 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.

Fridays 1:30pm (10 weeks) Cost: \$72.50

Pilates – Instructor: Rosa

Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies.

Wednesdays 12:15pm (10 weeks) Cost: \$72.50



Sit & Fit

Balance isn't something the body automatically has. Class combines seating and standing for a solid core workout and improvement of your posture by realigning the vertebrae of your spine, eventually allowing you to stand taller and straighter. This class is suitable and challenging for all individuals regardless of fitness level. Modifications will be provided based on the individual's needs.

Instructor: Alan

Tuesdays 10:45am (10 weeks) Cost: \$72.50

Tuesdays 12:00pm (10 weeks) Cost: \$72.50

Instructor: Rosa

Wednesdays 11:00am (10 weeks) Cost: \$72.50

Fridays 9:30am (10 weeks) Cost: \$72.50

Stretch Class – Instructor: Debby

Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. And you'll practice better pelvic alignment promoting longer, more supple hamstrings.

Monday 10:30am (9 weeks) Cost: \$65.25

Total Body Fitness – Instructor: Eleanor

Class starts with a warm-up, pre-cardio, and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. Good for beginners & those looking for a moderate work-out.

Mondays 9:15am (9 weeks) Cost: \$65.25

Wednesdays 9:30am (10 weeks) Cost: \$72.50

Weight Training – Instructor: Raul

Strength and Stretch with balance. You will use your own body weight, dumbbells and bands, and a series of strengthening exercises and balance drills and finish with a relaxing stretch to end the class.

Fridays 11:00am (10 weeks) Cost: \$72.50

Yin Yoga – Instructor: Mary Lou

A slower pace of yoga that incorporates principles of traditional Chinese medicine with postures. Consists of fewer poses which work the connective tissue of the body, the tendons, ligaments and fascia. These areas of our bodies need stretching until one reaches their place of resistance, holding in stillness, and holding for time. This assists with arthritis, stiffness and mobility issues. Yin teaches deeper breathing which calms body and mind and is a beautiful balance to the Yoga flow.

Tuesdays 2:30pm (10 weeks) Cost: \$72.50

Zumba – Instructor: Emilie

A great opportunity to exercise and have fun. Dance to great music and burn off calories without even realizing it.

Thursdays 9:15am (10 weeks) Cost: \$72.50

Fitness Class Information

- Bands can be purchased at the Centre for \$5
- For classes that require Yoga mats, please bring your own. We do have some available for use, should you require one.
- Bottled water is available for purchase for \$1.
- Please bring a cloth with you to exercise classes. We are moving away from using disposal wipes and will supply cleaning spray for use on shared equipment. Spray and wipe equipment after use. We will continue to have a limited number of disposable wipes available until our current supply runs out.
- Outdoor shoes cannot be worn in the gym.



PICKLEBALL

Westdale Community Centre, 550 Dale Blvd.

Mondays, Wednesdays, Thursdays & Fridays 9:30am to 11:00am

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size. Novice and experienced players are welcome. **We do not offer beginner specific time slots.**

Mondays April 15 – June 17 - cost \$36 (registration opens Monday, April 8th)

Wednesdays April 17 – June 19 - cost \$40 (registration opens Wednesday, April 10)

Thursdays April 18 – June 20 – cost \$40 (registration opens Thursday, April 11)

Fridays April 19 – June 21 - cost \$40 (registration opens Friday, April 12)



NOTE: there is no Pickleball on Monday May 20, 2024

Centre Cancellation/Refund Policy

The Centre's cancellation can be found at <https://www.charleswoods seniorcentre.org/>. Click on the "about us" tab. You can also find a copy of it on the Centre's bulletin board.

Technology Support

Tech Support for Apple Ipads

Monday, May 6, 2024, 10:00am. No cost to attend
Registration opens April 8, 2024 @9:30am

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.

The first hour of this class will be a "new users" guide to using the Apple iPad. The second half of the class is reserved for addressing any issues or challenges attendees may have on their particular device. One issue per student, more depending on time.

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.

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Social Scene

Movie and a Munch
1:00pm - Upstairs at the Centre
No cost to attend.

Registration opens April 10 @9:30am

Wednesday, April 24th: “A Man Called Otto”

Otto (Tom Hanks) is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Wednesday, May 15th: “The Iron Lady”

Former British Prime Minister, Margaret Thatcher (Meryl Streep), reflects on her life as she prepares to dispose of her late husband's belongings. Daughter of a Grantham Grocer, she broke through a double paned glass ceiling of gender and class to become the first female Prime Minister of the United Kingdom.



You ain't nothin but a hound dog..

**'The Elvis Anthology' Presented
by: Rick Roschuk | Trish Bennett**

Monday, June 3rd, 2024

10:30am - 11:30am

Registration opens April 8 @ 9:30am

upstairs at the Centre

No cost to attend. Snacks & drinks.

*20 of Elvis' Greatest Hits
in Chronological order
from 1956 to 1970
with running commentary
and music history notes
by Trish Bennett.*



**Music & Muffins with the
MATCHSTALK MEN**

Wednesday, May 22, 2024

1:00pm – 2:00pm

Registration opens April 10 @ 9:30am

upstairs at the Centre

No cost to attend. Muffins & drinks.

A mix of instrumental and vocal songs that include covers of tunes from the '50s, '60s, and '70s as well as original compositions. The band consists of Al Mapes (accordion and vocals), Art Martin (guitar and vocals), and David McLeod (bass and wind instruments).



Costs to attend the above programming are covered by the Government of Canada New Horizon's Grant.

Lunch of the Month

Join fellow Centre Members for the Lunch of the Month on the second Wednesday of the month. For the month of April, Lunch of the Month is the 3rd Wednesday due to registration week.

Registration opens Wednesday, April 10, 2024

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.

Some restaurants add a 15% or 18% gratuity for larger parties. Check your bill before paying to avoid double tipping.

Wednesday, April 17, 2024 @ 11:45am
Pony Corral Grant Park, corner of Wilton Street & Grant Avenue

Wednesday, May 8, 2024 @ 11:45am
RnR Family Restaurant, 2675 Portage Ave

Wednesday, June 12, 2024 @ 11:45am
PF Chang's, 865 St. James Street



KATHLEEN
COOK
MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



Health & Wellbeing

Q DOC Presentation

Tuesday, May 7, 2024 @ 10:00am
Registration opens April 9 @ 9:30am

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.

Need help setting up your device for Q DOC?
bring your device (iPhone, iPad etc..) and stay after the session for assistance.



Centre Outing

The Leaf at Assiniboine Park - Biome Tour

Friday, May 17, 2024 @9:30am Please let the office know if you need a ride.
Registration opens April 12, 2024 @9:30am Maximum participants 20.

The Leaf is an iconic experience like no other in Canada. Find yourself immersed in a vibrant display surrounded by colour, texture, and fragrance as you learn about the exotic plants and their stories on this guided tour. The general biome tour will travel through four distinct biomes; the Hartley and Heather Richardson Tropical Biome, Mediterranean Biome, Shirley Richardson Butterfly Garden, and the seasonally changed Babs Asper Display House.



No cost to attend. Cost is covered by the Government of Canada's New Horizon's Grant.



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Classes and Workshops

Creative Writing

Starts Thursday, April 25, 2024, 10:00am (8 weeks) Cost \$40.00
Registration opens April 11 @9:30am

Creative Writing Strategies: painting with words invites you to a comfortable writer's circle to share your writing with supportive fellow writers and receive positive feedback. There will be guidance and instruction from Barbara J. Becker, author, editor, writer, and independent publisher; accompanied by Tami L. Reynolds, a published author, proofreader, and creative writing instructor. Classes will introduce writing strategies to polish your writing voice. Brainstorming weekly in small groups with simple exercises will inspire new ideas. Join us for spring sunshine and fun writing activities.

A portion of costs covered through the Government of Canada New Horizons Grant.

Total Brain Health

Starts Tuesday, May 21, 2024, 10:00am (3 weeks) No cost to attend
Registration opens April 9 @9:30am
Coordinated by the Wellness Institute

Total Brain Health® is a fun way to boost everyday performance and promote long-term brain vitality. The program goes beyond brain training to address all the factors impacting your mind over time:



BODY ... Discover brain healthy habits for sharp thinking and brain vitality.

MIND ... Challenge your mental skills and thinking patterns with a variety of fun activities.

SPIRIT ... Explore how your relationships, outlook, and stress impact your brain.

Paint Party

Tuesday, April 30, 2024, 10:00am
Registration opens April 9 @9:30am
Cost \$10.00

Instructor Karen Wokes will help you channel your inner creativity. She'll guide you through the steps to produce your own masterpiece with water soluble acrylic paint to create a masterpiece. Suitable for those with and without experience. All supplies will be provided.



A portion of costs covered through the Government of Canada New Horizons Grant.

Card Making

Tuesday, May 14, 2024, 10:00am

Registration opens April 9 @9:30am

Cost \$10.00

All levels, from beginners to seasoned painters. You will make 3 cards suitable for any occasion. Send one to a friend or frame it for the wall. All watercolour supplies provide. Instructor Karen Wokes.



A portion of costs covered through the Government of Canada New Horizons Grant.

Presentations

Medical Assistance in Dying (MAiD)

Monday, April 22, 2024, 10:00am. No cost to attend

Registration opens April 8 @9:30am

Presented by Cheri Frazer, Dying with Dignity, Winnipeg Chapter Chair

Presentation will review the timeline of MAiD in Canada and the rules for qualifying for MAiD. It will address some of the sensationalized stories in the media by showing how it's not possible to qualify if you're sad or lacking resources. There will be time for questions following the presentation.

Note: This is an information presentation, not a medical presentation and presenter is not affiliated with the Manitoba MAiD team.

Historical Presentations

Registration opens April 8 @9:30am No cost to attend

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!!"

You may register for one or both sessions. First presentation is not a pre-requisite for the second one.

Cards & Games

Cards & games run from September to June. Some activities are full for the year and there is limited space available in others. Check the online registration on the website or call the office to see if there is room. \$20 per year. There are no ½ year or pro-rated fees.

BRIDGE Not suitable for beginners.

There is no instructor, and this is not duplicate bridge. You will be playing with different partners throughout the afternoon. Suitable for those who are playing or have played bridge in the past. Mondays 1pm-3:30pm

CANASTA We play a version of Hand & Foot Canasta.

Mondays 1pm-3:30pm

CRIBBAGE

Tuesdays 1pm-3:30pm

RUMMIKUB

Tuesdays 1pm-3:30pm

RUMMOLI

Thursdays 1pm-3:30pm

MAH-JONG

Thursdays 1pm-3:30pm

With the exception of Bridge, knowledge of games is not required. In each game, returning players are willing to teach new players how to play.

BOCCE BALL

Enjoy some friendly competition.

Fridays at 10am



WE'VE GOT PUZZLES

The Centre has puzzles to borrow. Stop by and pick up one or two in anticipation of those sleepless nights!



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Special Interest Clubs/Groups

The following special interest groups run from September to June. If a group is full, call the office to get on the wait list and be sure to register in the fall.

Bent Brush Club **FULL** Fridays at 12:30

A place where artists and would-be-artists of all skill levels, styles and media have a regular paint get-together.

Jam Sessions **FULL**

Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Group meets **Wednesdays at 10:00 a.m. There are no Jam Sessions on the third Wednesdays of the month.**

Mystery Book Club

Meets the 3rd Monday of the month at 1:00 pm. Group meets at the Charleswood Library in the Boardroom.



Note: May meeting is the 2nd Monday, May 13th.

Call the Centre for more information

Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & other charities. Groups meets the **last Thursday of the month at 10:30 am.** Wool is always appreciated. Cost \$2 the first time you attend.

VOLUNTEER APPRECIATION

*We can't thank you enough.... but we'll try
For all our volunteers
please join us so we can thank you
in person for all you've done to keep
the Centre going.*

Thursday, April 25, 2024
5:30pm
Boston Pizza Charleswood,
3894 Grant Ave



Please confirm any dietary restrictions.

We will be reaching out to all our current volunteers and those who volunteered in 2023. If this is you, please call the office to register. No need to wait for us to reach out!

RSVP by

Monday, April 22, 2024

info@charleswoodseniorcentre.org

or 204-897-5263

Upcoming Events & Meetings

ANNUAL GENERAL MEETING

Wednesday June 19, 2024,
10:30am

Upstairs at the Centre

Join us for an update on what's happening in the Centre and what's coming up.

Register [online](#) or call the Centre at 204-897-5263.



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

SILENT AUCTION



Tickets on sale April 15, 2024

Centre Board of Directors

President – Sherry Mooney
Vice President – Val McGuire
Secretary – Nina Logan
Treasurer – Debbie Spracklin
Delegate to the Executive - Dan Graham

Maxine Bryan
Dee Godfrey
Janice Hamilton
Mary McCormick
Kenn McDonald
Pam McKenzie
Diana Simpson

CENTRE STAFF

Kristal Laminman – Centre Manager
Jakee Werbuk – Program Manager
Debbie Baxter– Admin Assistant
Judy Penner – Admin Assistant



MARTY MORANTZ

MEMBER OF PARLIAMENT FOR
CHARLESWOOD-ST.JAMES-ASSINIBOIA-HEADINGLEY

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Spring Shows 2024



**PKE
Venue
Hosts:**



Mind, Body & Soul
Fitness & Wellness
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Charleswood United Church

4820 Roblin Blvd. | Charleswood

Thursday, May 23rd

MASC Host: Charleswood 55+

Show Times: **9:30am - 2:00pm** | Exhibitors List at: prosknowexpos.ca

Providing seniors & their families the resources to improve their lives and well-being!

Our Amazing Sponsors:



Mark this date on your calendar and stay updated at: prosknowexpos.ca
website: prosknowexpos.ca | email: redroadmusic@shaw.ca | cell: 204.414.9290

Charleswood Active Living Centre

5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263

Email: info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Hours: Mon-Thurs 9:00am to 4:00pm & Friday 9:00am to 3:00pm