



Charleswood Active Living Centre

CENTRE UPDATE – MARCH 7, 2025

Reminders & Centre Info

Mar 9, 2025 - Daylight Saving Time Starts:



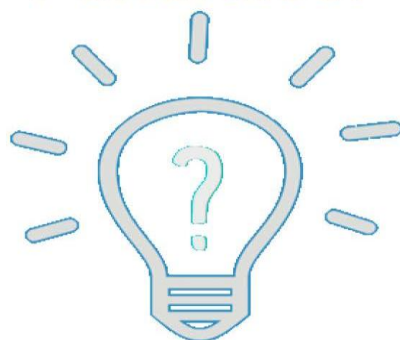
Don't forget to move your clocks forward one hour when you go to bed on Saturday night. Or for fun, stay up until 2:00am and make the switch then!



Charleswood Active Living Centre

QUIZ NITE

Fundraiser



SATURDAY, April 26 2025
at the Centre, 357 Oakdale Drive

Doors open 6:30pm Quizzing begins at 7:00pm

Draws & Prizes Tables of 8 Snacks

50/50 Draw

Bring a tin or non perishable for the bin

ALL WELCOME!



\$20/Person

To register call 204-897-5263

Save the Date

Save the following dates for these upcoming events. More details to come.

- May 27, 2025 Sand Hills Casino Bus Trip
- June 18, 2025 Annual General Meeting

Still room to register in

Advanced Care Planning

Wednesday, March 26 at 1:00pm. No cost to attend

DO YOU HAVE A HEALTH CARE DIRECTIVE?

- Does it clearly state the care you would want in a medical emergency?
- What happens if something bad happens and you can't speak for yourself?
- Do you know your rights when it comes to treatment at the hospital?
- What does "heroic measures" really mean?
- What about DNR (do not resuscitate) orders?

Learn all about Advance Care Planning in Manitoba

Presenter Dorothy Stephens, ACP Educator

Please join us at the Centre for *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 so bring a friend. This is a drop-in. No registration required.



Tuesday March 11th 10am to 11:30am

Friday March 21st 1:00pm to 2:30pm

Spring Programming

The calendar and newsletter for the Spring Session will be available on Friday, March 14, 2025. Registration will open on Monday April 7th. Programming will begin the week of April 14th.

Plant Fundraiser

We have partnered with Glenlea Green Houses to offer spring plants. This opportunity will provide us with a percentage of the profit as a fundraiser for the Centre. Plants will be available May 25, 2025 and more information will follow regarding pick up. Call the Centre if you need help with the online purchase.

To view the 2025 spring fundraiser plant collection please go to the web site at <https://glenleagreenhouses.com/> and click on the "Support A Spring Fundraiser Group". Ours is listed under Charleswood Active Living Centre.

Tech Talk with Lloyd Gwilliam

Tech Talk with Lloyd Gwilliam DROP IN. No registration required. No cost to attend.

Thursdays March 13th & 27th 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.

50/50 Raffle

Tickets: 5 for \$5.00, 20 for \$10.00, 100 for \$20.00

Draw Date: March 31 at 12:00

Winner takes half!

Online: <https://charleswoodactiveliving.rafflenexus.com/>

At the Centre: in person or by phone (204-897-5263).

Resources you may find helpful



Public Health
Agency of Canada

Agence de la santé
publique du Canada



**You CAN
prevent falls!**

The facts

- Falls are the leading cause of injury among older Canadians.
- 20-30% of seniors experience one or more falls each year.
- Falls are the cause of 85% of seniors' injury-related hospitalizations.
- Falls are the cause of 95% of all hip-fractures.
- 50% of all falls causing hospitalization happen at home.

Protect yourself

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!

Canada

Click on the link below to see how best to protect yourself from falls in and around your home.

<https://www.canada.ca/en/public-health/services/publications/healthy-living/you-prevent-falls.html>

Some Goings-on in the Community



What's that all about?
It's about guys doing interesting things
and making new friends

Ever heard of a Men's Shed? All over Canada, Men's Sheds have emerged as vital community hubs, offering older men a space to connect, engage in meaningful activities, and enhance their overall well-being. Originating in Australia, the grass roots movement has gained international traction, including here in Manitoba, where 10 independent Men's Sheds are active and operating around the province. Click on the link to learn more and find out where the Sheds are in our province.

https://mcusercontent.com/d41b02073dc2637136b7d8893/files/f69ad273-a7b4-0217-3cbe-ff1a025291e5/Mens_Sheds_Manitoba.pdf



FOREVER YOUNG CLUB
***** PRESENT *****

ST. PATRICK'S DANCE
SATURDAY
MARCH 29 .2025



7:30 - 11:30 pm

ANAVETS #283

3584 PORTAGE AVENUE

with **ROCK'N ERNIE**

DANCING IS GOOD FOR YOUR HEART AND SOUL

MEMBERS \$10.00 NON MEMBERS \$15.00

PLEASE TEXT or CALL 204-261-4442 TO RESERVE
or EMAIL fycwpg@gmail.com

light lunch * door prizes * 50/50 draw
spot dance prizes * cash bar



A few funnies for your enjoyment

- How do you get down from an elephant? You don't, you get down from a goose.
- Watch what you say around the egg whites. They can't take a yolk.
- I went to the aquarium this weekend, but I didn't stay long. There's something fishy about that place.
- Who won the neck decorating contest? It was a tie.
- What has four wheels and flies? A garbage truck.
- You don't need a parachute to go skydiving. You need one to go skydiving twice.
- I was walking down the beach when I heard a swimmer yelling for help with a shark circling him. I just laughed....I knew that shark wasn't going to help him.
- What do you call a rabbit with fleas? Bugs Bunny.
- What do you call an elephant in a telephone booth? Stuck.
- Why did the chicken cross the road? To show the possum it could be done.
- What do a tick and the Eiffel Tower have in common? They're both Paris sites.
- I got carded at a liquor store, and my Blockbuster card accidentally fell out. The cashier said never mind.
- How many ears does Captain Kirk have? Three. The left ear, the right ear, and the final front-ear.

Have a wonderful weekend.

Jakee Werkuk

Program Manager



**I accidentally
rubbed ketchup in
my eyes.
Now I have
Heinzsight.**