



CENTRE UPDATE – Friday, April 4

Who am I?

Hi everyone! I wanted to introduce myself to you all – my name is Krista and I'm your new Program Coordinator. I'm super excited to be here! A few things about me...

- I am married and we have a small dog named Phoebe.
- I have previously worked as a Program Coordinator for a smaller senior centre; I also did Property Management and Leasing for assisted living.
- I love animals, reading and Formula 1 racing.

Please introduce yourself to me when you come to the centre. I can't wait to meet you!

Reminders & Centre Info

Shoes:

Please bring a change of shoes with you as no outdoor shoes are allowed in the Centre.

Cloth:

Please bring a cloth with you to exercise classes. We supply cleaning spray for use on shared equipment. Spray and wipe after use.

Session Break:

Reminder that unless you are attending a scheduled make-up class, there is no programming at the Centre the week of April 7th. That includes all programs that run from September to June. If you are unsure about your program, please check with the office.

Spring Session:

The Newsletter for the spring session can be found [here](#). To see when registration starts for the classes you are interested in, please click [here](#).
There is no in person registration.

Tech Talk with Lloyd Gwilliam:

Lloyd Gwilliam is available to help you with your computer, iPhone or tablets on Thursday, April 24 between 1:00pm and 3:00pm. This is a drop in – no registration required.

50/50 Draw – The winning ticket number 134089 was drawn on April 1st for a total of \$917.50. Thank you to everyone who participated!

Quiz Nite:

- Saturday, April 26 at the Centre
- Doors open at 6:30pm
- Quizzing starts at 7:00pm
- Call the centre at 204-897-5263 to register
- \$20 per person. Open to all. Bring a friend
- Snacks, 50/50, prizes

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. Deadline to purchase is Tuesday, April 15.

Emergency Response Information Kit (ERIK)

An Emergency Response Information Kit (E.R.I.K) can assist emergency responders in situations where a patient may not be able to communicate their conditions, medical history or allergies. It provides essential information so responders can provide the correct care in an emergency medical situation. Once completed, the kit should be placed on your fridge door, where emergency crews have been trained to look for it, ensuring it is readily available if needed. Pick one up at the centre today!

Resources you may find helpful

Support Services for Older Adults

Senior Centre Without Walls (SCWW) provides educational and recreational programming in a fun and interactive atmosphere where all programming is provided over the phone. Programming topics include educational presentations, health and wellness, book clubs, travelogues, trivia and Bingo.

To see the Spring/Summer Program Guide click on the link below:

<https://www.aosupportservices.ca/wp-content/uploads/2025/03/AO-SCWW-Volume-26-Spring-2025-website.pdf>



Estate Planning Workshops For Older Adults

This Workshop is a great option for people with basic estate planning needs. It is not suited for couples or individuals with complex assets, complex relationships, or complex wishes. The Workshop includes the preparation of a Will, Power of Attorney and Healthcare Directive.

To learn more go to <https://www.aosupportservices.ca/our-three-pillars/counselling-services/legal-services/>.

Some Goings-on in the City

At the WAG – A screening of *All the Beauty and the Bloodshed* by Laura Poitras. Tuesday, April 8 from 7:00 – 9:30 pm
Doors open at 6:30 pm. Cost \$10

“Directed by Academy Award®-winning filmmaker Laura Poitras, *All the Beauty and the Bloodshed* is an epic, emotional and interconnected story about internationally renowned artist and activist Nan Goldin told through her slideshows, intimate interviews, ground-breaking photography, and rare footage of her personal fight to hold the Sackler family accountable for the overdose crisis.” — Rotten Tomatoes

<https://www.wag.ca/event/flash-fest-film-screening-2025/>

Charleswood Garden Club Bus Tour 2025 - Altona Gardens & Art

This tour on July 12 is focused on gardens – we will visit Elemental Stone, a 2-hectare garden centered on Todd Braun’s carved stone pillars, bridges and walls; Gallery in the Park, a heritage home turned art gallery and its sculpture garden; and a presentation and tour of the Altona Community Garden.

WHEN: Saturday, July 12

WHERE: **Safeway Charleswood Centre @ 3900 Grant Ave**

DEPARTURE: 8:30 AM RETURN: 4:30 – 5 PM

LUNCH: Bring your own favourite lunch foods

COST: CGC Members \$55 Non Members \$65

E-transfer your registration fee to treasurer@charleswoodgc.ca. Make sure to send a note with your e-transfer that gives your name, and phone number and states that the money is for the bus tour.

A Few Riddles for you

Q: What can you break without touching it?

A: A promise.

Q: Forward, I am heavy; backward, I am not. What am I?

A: Ton.

Q: What is the longest word in the dictionary?

A: Smiles, because there is a mile between each 's'.



Have a wonderful weekend.

Krista Johnson Billeck
Program Coordinator