



CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

FRIDAY, MAY 1ST, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Join the Board*
- *Drop In Opportunities*
- *Donuts with Duncan*
- *Eyewear Wellness*
- *Dying with Dignity*
- *A Prairie Woman's Story*
- *Floral Arranging*
- *Covid*
- *Assiniboine Forest Rotary Presentation*
- *Around the Community*
- *Ha-Ha-Highlights*

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.

Join the Board!

Attention All Members

As the Charleswood Senior Centre nears the end of another fiscal year we are planning for the 2026-2027 year ahead. We have two vacancies coming up that need to be filled for the Board of Directors. The targets for new Board members is to fill the roles of Vice President and the Fundraising Chair. These two important roles contribute to the long term success of our Centre. Two year terms are required with mentorship provided. Please consider the future of the Centre and respond with your name. An interview process will follow.

Drop In Opportunities

Many of our fitness classes still have space available, making it the perfect opportunity to drop in and give something new a try!

Not ready to commit to a full session? No problem. You can drop into a class for just \$10 and see what it's all about. The office will be happy to help get you set up and answer any questions.

Our cards and games also have a drop in opportunity, for \$3 feel free to join a game session for the day.

Drop-ins are available to members only.

Eyewear Wellness Day

Join us for a complimentary Eyewear Wellness Day hosted by A to Z Optical on Monday May 4th from 9:30-12:00 in the meeting room at the Centre! Clear, comfortable vision is essential for safety and daily living, and this special event is designed to help. Their professional team will provide free frame adjustments, minor repairs like tightening screws or replacing nose pads, and deep ultrasonic cleanings to improve clarity. This is a convenient and supportive opportunity to keep your eyewear in top shape at no cost to participants! Feel free to sign up, or drop in!

Dying With Dignity

Learn about Advance Care Planning in Manitoba

Topics addressed in the presentation include:

- Legal issues around Advance Care Planning (ACP) and Health Care Directives (HCD), including the difference between a HCD and a Power of Attorney
- Your rights as a patient
- How to choose your health care proxy (substitute decision maker)
- How to make your wishes clear and understandable
- Comparisons of different types of HCDs and how to complete them
- A look at other documents used in Advance Care Planning
- Discussion of common but imprecise phrases such as “heroic measures” and “artificial means”
- A walk through the Dying With Dignity Canada ACP workbook and HCD form
- What to do (and what NOT to do) with your HCD after it’s completed
- Issues around resuscitation
- Resources for those who want further information or guidance

Wednesday, May 7th from 2:00-4:00

Register now to secure your spot.

A Prairie Woman's Story

Step back in time with *The Home Front: A Prairie Woman's Story*, a heartfelt program set between 1940 and 1952, inspired by the author's mother's experience of raising two young children alone on a prairie farm while her husband served in the war. Blending personal storytelling with shared history, this one-hour session includes a reading, reflections, and an engaging discussion where participants are invited to share their own memories of World War II and the years that followed. Copies of the book will also be available for those interested.

Presentation and conversation by Lynne Mitchell-Pedersen.

Friday, May 8th at 10:30

Register now to secure your spot.

TIME CHANGE TO 2:00

Those registered will be contacted.



CHARLESWOOD
Active Living Centre

Donuts with Duncan

New Time: 2:00

TUESDAY, MAY 12TH • ~~1:00~~

Join City Councillor
Evan Duncan for an
engaging discussion about
our local community.

Share **thoughts, ask questions**
and be a part of the conversation
that shapes where we live.



**RESERVE YOUR
SPOT NOW!**



CHARLESWOOD
Active Living Centre



Suitable for Beginners

FLOWER ARRANGEMENTS *Workshop*



\$40

ONLY
20
SEATS A
SESSION

Session 1: Friday May 22nd 1:00

(open to new program registrants only)

Session 2: Friday June 5th 1:00

(open to all)

Florists from Charleswood Florists will demonstrate how to craft a gorgeous spring arrangement, offering expert guidance as you design a centrepiece perfect for your dining table or a lovely accent to refresh and brighten any room.



NORTHWAY
P H A R M A C Y
C H A R L E S W O O D

Spring COVID-19 Immunization Program

Eligibility Criteria

Three (3) months have passed since your most recent dose:

- Adults 65 years of age and older;
- Indigenous people 45 years of age and older, including First Nations, Inuit and Métis peoples, regardless of place of residence;
- Adult residents of long-term care homes and other congregate living settings for seniors;
- Individuals 6 months of age and older who are moderately to severely immunocompromised (due to an underlying condition or treatment).

Please arrive no more than 15 minutes early to your time slot with your consent form completed (found at the front desk)

Thursday, May 21st 9:30-12:30

Call the Centre (204-897-5263)
to Secure your time slot, with
your health card #.

ASSINIBOINE FOREST PLANS + UPDATES

TUESDAY, MAY 26TH 1:00PM

IN THE CHARLESWOOD ACTIVE LIVING CENTRE MEETING ROOM



Join us for an engaging community discussion with the Rotary Club of Winnipeg-Charleswood as they share insights on the future of the Assiniboine Forest. Learn about upcoming plans, and how these initiatives may shape our local community. Come be part of the conversation and have your voice heard! Register now online, in person or over the phone (204-897-5263)



Around the Community



You don't have to
be perfect to quit.

JUST START.

ManitobaQuits Spring Challenge
starts May 1

You've thought about quitting.

You don't have to do it alone.

Quit smoking or vaping
Cut back at your own pace
Get support that fits your real life
Virtual peer-to-peer support
Win prizes

Register for free!



mb.lung.ca

Around the Community

Tote Bag Search

I'm searching for cloth tote bags(grocery bags) any size!

Charity: Shoebox Campaign/ Operation Christmas Child

Great group of gals from Charleswood and surrounding area spearheaded by Barb Shumeley(resident).

I've reached out to Buy Nothing Charleswood and received 50 bags so hoping the residents will donate what they can and it will be a one stop shop for me.... lol!

Please drop off your donations at the Centre for me to pick up.

Thank you!

Community Works Manitoba

One week from today you'll have the opportunity to honour both Indigenous and non Indigenous storytellers from our Winnipeg community by coming to Dave Barber Cinemateque for a screening of their stories. The storytellers will be there to offer their reflections.

Much thanks to those who have already registered.

If your plans have changed and you're unable to come please let us know. We are not far from full house and do not want to turn people away.

For those who want to attend and haven't registered, you can still register at <https://www.community-works.ca/> by clicking on the Register for Free Tickets button underneath the event poster.

Date: May 5, 2026

Doors open at 6:30 pm

Time: 7:00 pm - 9:30 pm

Place: Dave Barber Cinemateque

We look forward to seeing you there.

Ha-Ha-Highlights

What do you call a chicken that is staring at a lettuce
Chicken sees a salad! 🍷🥗😏

What do you call a bear with no teeth? A gummy bear! 🐻🍬
😏

Why are spiders so smart? They can find everything on the
web! 🕸️🕸️💻😏

What do you call a blind dinosaur? A do-you-think-he-saw-us.
🦖👁️😏

How do you make a water bed bouncier? Add spring water!
💧🛏️🌸😏

Why don't bananas ever feel lonely? Because they all hang
out in bunches. 🍌👥😏

I am on a 30-day diet. So far, I've lost 15 days. ⏳😏

A cheese factory exploded in France. Da-brie was
everywhere. 🧀😏

What do you call a snowman with a six-pack? An abdominal
snowman! 🧊💪😏

What happens to an illegally parked frog? It gets toad away.
🐸🚗😏

Have a great weekend!

Dana Poulton

Program Coordinator