

2026  
**SUMMER PROGRAMMING**  
JULY 6<sup>TH</sup>-AUGUST 27<sup>TH</sup>



## What's New in The Woods

### Charleswood Active Living Centre

WELCOME TO OUR  
**SUMMER 2026 Newsletter**  
✦ Message From the Centre

Summer is here, and we're excited to welcome members to an active and engaging July-August season at the Charleswood Active Living Centre.

This year, we are pleased to offer more programming throughout the summer than in previous years, giving members even more ways to participate and stay involved. Whether you're joining a fitness class, attending a special event, or enjoying time with friends, we are proud to provide a welcoming space for our community.

Throughout the summer, many of our front desk shifts will be supported by our dedicated volunteers. We encourage members to stop by, say hello, and help us thank these individuals for generously giving their time to support the Centre and our members.

We are grateful for the continued support of our members, volunteers, instructors, and community partners who help make our Centre such a vibrant place. On behalf of the Board of Directors, we wish you a happy, healthy, and enjoyable summer and look forward to seeing you at the Centre in the months ahead.

Chair of the Board  
Val McGuire

**Charleswood Active Living Centre**  
Phone: 204-897-5263  
A357 Oakdale Drive, Wpg MB R3R 4A7  
info@charleswoodseniorcentre.org  
Website: charleswoodseniorcentre.org  
Summer Hours: Mon-Thurs 9:00am to  
4:00pm

#### **Board of Directors**

President - Val McGuire  
Past President - Sherry Mooney  
Treasurer - Debbie Spracklin  
Secretary - Dan Graham

#### **Members**

Dee Godfrey Janice Hamilton  
Leslie Kerschtien Valli Kufley  
Pam McKenzie Dianna Simpson  
Carol Vandale



## Is Your Membership Up To Date?

*ACTIVE MEMBERSHIP = EASY REGISTRATION*

Your membership must be current to register for Centre classes and activities.

If your membership has expired, or will be expiring before registration, please renew your membership.

You can check online at <https://www.charleswoodsniore.org/> or call the office at 204-897-5263. Membership is \$35 per year.

The Centre is a membership-based facility and except when specifically stated, you must be a member of the Centre and registered in a program to attend.

While we make every effort to inform members about expired memberships, we are not responsible for ensuring members are aware of the status of their membership.

## Parking at the Centre

33 ASSIGNED SPOTS!

We have 33 assigned spots for the Centre located in 2 places.

The lot closest to our entrance door has 20 spots and the rest are closer to Oakdale in the lot on the south when you enter the complex. That is also where the visitor stalls are located, which members may park in if there are no Centre designated spots available. Centre assigned spots are labelled. The Centre's spot numbers are 185-204 & 314-326. As many of our members reside in the complex, the need for parking stalls is more limited than at our previous location.



## Cancellation Policy

The Centre's cancellation policy can be found at

<https://www.charleswoodsniore.org/>.

Click on the "about us" tab.



# Registration Process

*REGISTER ONLINE AT  
[HTTPS://WWW.CHARLESWOODSENIORCENTRE.ORG/](https://www.charleswoodseniorcentre.org/) OR  
BY PHONE AT 204-897-5263. NO IN-PERSON  
REGISTRATION DURING THE WEEK OF JUNE 29, 2026.*

The Centre has a staggered registration process.

Registration opens in the following manner:

- Monday, June 29<sup>th</sup> at 9:30 a.m. – registration begins for Monday classes and programs and continues until they have filled.
- Tuesday, June 30<sup>th</sup> at 9:30 a.m. – registration begins for Tuesday classes and programs and continues for Monday classes and programs.
- Tuesday, June 30<sup>th</sup> at 1:30 p.m. – registration begins for Wednesday classes and programs and continues for Monday and Tuesday classes and programs. (Occuring on the Tuesday due to the Centre being closed July 1 for Canada Day)
- Thursday, July 2<sup>th</sup> at 9:30 a.m. – registration begins for Thursday classes and programs and continues for Monday, Tuesday and Wednesday classes and programs.

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

## ONLINE REGISTRATION

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. To confirm that your membership will be current at registration time, you can check online or call the Centre. It's recommended that you try to log in ahead of registration in case you run into some unexpected problems.

# KATHLEEN COOK

MLA for Roblin

✉ info@kathleen-cook.ca

☎ 204-504-0594



## Programming

Programming begins the week of July 6<sup>th</sup>, 2026, and ends the week of August 24<sup>th</sup>, 2026.

No classes on Monday, Aug 3<sup>rd</sup>

Please note the Centre opens at 9:00am. The doors will only unlock then.

If a class runs throughout the entire session, you may register for July only or August only. Contact the office for details.

### MONDAY CLASSES

Zumba - Instructor: Emilie

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

*Mondays 9:15- 10:00 am (7 weeks) Cost: \$56.00 (No class Aug, 3)  
Location: MPR*



### Weight Training - Instructor: Pete

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

*Mondays 9:30 - 10:30 am (5 weeks) Cost: \$40 (No class Aug, 3)  
Location: GYM*

*Mondays 10:45 - 11:45 am (5 weeks) Cost: \$40 (No class Aug, 3)  
Location: GYM + MPR*

### Stretch Class - Instructor: Debby

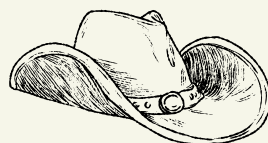
Class explores yoga postures, focusing on lengthening and toning your muscles. You'll use bender balls, yoga blocks, chairs, and the wall to help you tuck into those hard-to-reach tension areas, such as hip and shoulders. Also, you'll practice better pelvic alignment promoting longer, more supple hamstrings.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

*Mondays 12:00 - 1:00 pm (7 weeks) Cost: \$56 (No class Aug, 3)  
Location: GYM + MPR*

### Chair Yoga - Instructor: Mary Lou

Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age.

*Mondays 2:00-3:00 pm (7 weeks) Cost: \$56 (No class Aug 3)  
Location: MPR*





## TUESDAY CLASSES

### High Intensity Interval Training (HIIT) - Instructor: Pete

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. Bring your own band.

*Tuesdays 9:30 - 10:30 am (6 weeks) Cost: \$48*

*Location: GYM + MPR*

### Balance & Conditioning - Instructor: Pete

*A dynamic 4-part class designed to enhance overall strength and stability. Balance training to improve coordination and stability. Resistance training with dumbbells and bands. Cardio training to improve heart health and endurance. Followed by a relaxing recovery stretch. Low/medium intensity & moderate variation as required.*

*Tuesdays 10:45 - 11:45 am (6 weeks) Cost: \$48*

*Location: GYM + MPR*

### Line Dancing Level 1 (Beginner) - Instructor: Carole

This course will introduce basic line dance steps. Easy choreography, moderate tempos and lots of repetition will get you moving to all kinds of music while learning basic line dance skills and terminology. Please wear flat shoes that allow you to move easily and bring water. No boots allowed!

*Tuesdays 12:00 - 1:00 pm (7 weeks) Cost: \$56*

*Location: GYM + MPR*

*Starts July 14*

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## Sit & Fit - Instructor: Eleanor

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting 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, and no prior experience is necessary, bring your own band.

*Tuesdays 1:15 am - 2:15 pm (8 weeks) Cost: \$64*

*Location: GYM*

## Restorative Yoga - Instructor: Doreen

The practice of restorative yoga emphasizes relaxation and stress reduction through passive poses held for extended periods of time. It activates the parasympathetic nervous system bringing us into a state of quiet calm. Perfect for all fitness levels, helps lower blood pressure, lessen anxiety and helps us sleep better. A wonderful balance to a hectic day.

*Tuesdays 2:30 - 3:30 pm (8 weeks) Cost: \$64*

*Location: GYM*



## WEDNESDAY CLASSES

### Yin Yoga - Instructor: Mary Lou

A slower pace style 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 are areas of our bodies we do not always consider but need stretching until one reaches their place of resistance, holding in stillness, and holding for time. Working these parts of our bodies assists with arthritis, stiffness and mobility issues. Yin Yoga teaches a deeper breath which calms body and mind and is a beautiful balance to the Yoga Flow.

*Wednesdays 9:30-10:30 (8 weeks) Cost: \$56*

*Location: GYM + MPR*



## 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.

*Wednesdays 10:45 - 11:45 am (8 weeks) Cost: \$56*

*Location: GYM + MPR*

## Bone Building Health & Muscle Strength - Instructor: Erv

This class will use free weights to help keep your bones strong while increasing muscle strength, improving posture, balance, coordination, and flexibility. Hips, lower back and wrists as well as your core will be targeted. Mat work is incorporated. Modifications will be made as required to meet individual needs.

*Wednesdays 11:30 am - 12:30 pm (8 weeks) Cost: \$56*

*Location: GYM + MPR*

## Functional Fitness - Instructor: Erv

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.

*Wednesdays 1:15 - 2:15 pm (8 weeks) Cost: \$56*

*Location: GYM + MPR*





## **THURSDAY CLASSES**

### **Zumba - Instructor: Emilie**

No dance experience needed! Enjoy easy to follow Latin-inspired choreography that boosts endurance, improves coordination and strength, and supports memory. It's a natural stress reliever and most of all, so much FUN!

*Thursdays 9:15 - 10:00 am (8 weeks) Cost: \$56  
Location: GYM + MPR*

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*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 10:15 am - 11:15 pm (8 weeks) Cost: \$56  
Location: GYM*

### **Chair Yoga - Instructor: Doreen**

*Chair Yoga is a safe and gentle form of yoga performed while seated or using a chair for balance. Yoga and fitness exercises that gently target areas of weakness, tension, chronic pain, inflammation, reduced mobility, and/or difficulty standing for prolonged periods of time. Chair Yoga may be the perfect practice to help you slowly develop balance and stability while improving strength and flexibility regardless of age.*

*Thursdays 10:15-11:15 pm (8 weeks) Cost: \$56  
Location: MPR*

### **Fit and Tall - Instructor: Claudia**

This program focuses on Posture, Core and Balance; low impact standing-sitting exercise will challenge your equilibrium and coordination using different fitness props. Good for all fitness levels with modifications provided.

*Thursdays 11:30 am - 12:30 pm (5 weeks) Cost: \$40 (Last day Aug 6)  
Location: GYM*



### Sit & Fit - Instructor: Alan

Does balance concern you? Balance isn't something the body automatically has. Class combines sitting 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, and no prior experience is necessary. Bring your own band.

*Thursdays 11:30 am - 12:30 pm (8 weeks) Cost: \$56*

*Location: MPR*

### Barre Fitness - Instructor: Claudia

Barre is an exceptional work out that is a fusion of Ballet, Modern Dance and Pilates techniques. This total body conditioning is guaranteed to tighten, tone, sculpt and strengthen your entire body. The sessions and exercises will be choreographed to the rhythm of your favorite tunes. The class is suitable for all fitness levels. No experience necessary. Bare feet, socks, soft dance shoes or runners.

*Thursdays 12:45 - 1:45 pm (5 weeks) Cost: \$40 (Last day Aug 6)*

*Location: GYM*

### PACE - Instructor: Claudia

PACE is the acronym for "People with Arthritis can exercise" It is a program designed by the Arthritis Society, that helps with gentle specific exercises for different types of Arthritis or related diseases as Fibromyalgia, Lupus, Rheumatoid Arthritis, etc. Exercises are sitting and standing, modifications are also provided.

*Thursdays 2:00 - 3:00 pm (5 weeks) Cost: \$10 (Last day Aug 6)*

*Location: GYM*

*\*subsidized cost through Strength in Motion\**





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Salesman

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## **Fitness Class Information**

1. Bands can be purchased at the Centre for \$5 or \$7 depending on band.
2. Please bring your own mat for classes that require one.
3. You can refill your own water bottle from the water dispenser in the Centre.
4. Please bring a cloth with you to exercise classes. We supply cleaning spray for use on shared equipment. Spray and wipe equipment after use.
5. Outdoor shoes cannot be worn for fitness classes.

## **Fitness Class Drop In**

If the Fitness class is not full, a drop in is available for \$10 a class. For full classes please call the Centre day of to see if there is space.



## Drop-In Coffee

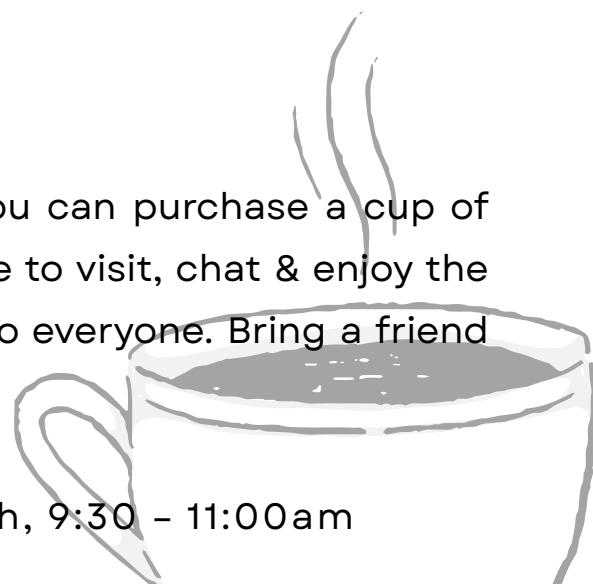
*Charleswood Active Living Centre, 357 Oakdale*

*Tuesdays 9:30-11:00am*

*July 6 - August 28*

Open to all, no membership required

Join us at the Centre for weekly 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. Bring a friend and show them the Centre.



Men's Coffee: the fourth Friday of the month, 9:30 - 11:00am

July 30<sup>th</sup>, August 27<sup>th</sup>

## Tech Talk with Lloyd Gwilliam Or Ed Wright

Tech Talk Thursdays

*July 9<sup>th</sup> 1:00-3:00pm*

*July 23<sup>rd</sup> 2:00-4:00pm*

*August 13<sup>th</sup> 1:00-3:00pm*

*August 27<sup>th</sup> 2:00-4:00*

Do you have computer, iPhone, or tablet questions?

Need some clarification? Require a little help to figure something out?

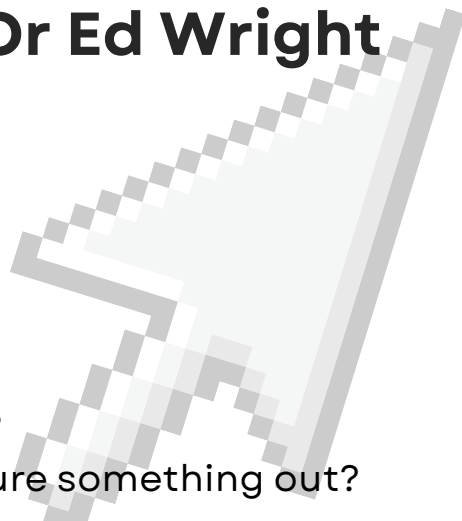
Stop by and see Lloyd and Ed, our in-house technology gurus.

No cost to attend, this is not an instructional class.

We're introducing scheduled registration times to help reduce wait times.

Simply sign up for a time slot, and you can arrive at that time with minimal waiting.

Drop-ins are still welcome, but please note that those with appointments will be served first, so drop-ins may experience longer waits.





## Food & Flicks

*Pizza, Pop, and Chips*

Please select your pizza choice on the drop-down menu when registering online. Movies are shown in the Multi Purpose Room.

Cost: \$6

Monday, July 27: **Knives Out** (2019).

When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate.

Daniel Craig, Chris Evans, Ana de Armas, Jamie Lee Curtis, Michael Shannon, Don Johnson

Friday, August 27: **Julie & Julia** (2009).

Julie Powell, a young blogger, is determined to emulate Julia Child's cooking techniques. Though separated by time, the two women share a common passion for food that intertwines their lives.

Meryl Streep, Amy Adams, Stanley Tucci, Chris Messina, Linda Emond, Jane Lynch

## Bada Bingo

Monday, **July 13**, 2026 @ 1:30-3:30 pm

Wednesday, **July 29**, 2026 @ 1:30 pm (patio)

Monday, **August 10**, 2026 @ 1:30-3:30 pm

Wednesday **August 26**, 2026 @ 1:30 pm (patio)

A fun afternoon of Bingo, prizes and snacks dabbers will be available or bring your own! Donation: \$10  
Bingo on the patio will be shorter.



## Entertainment

*\$5 to attend. Pop and a snack included.*

The **Woodhaven Menshed Band** is composed of senior guitar players and singers with a wide range of experience from professionals to amateurs. All share a love of music. Repertoire consists of songs from the 50s country to 60s rock.

*Wednesday, July 22 @ 2:45 pm*

Back by popular demand, **Rick Roschuk** from Red Road Music Company returns with a nostalgic live music performance featuring classic hits, familiar melodies, and engaging storytelling that brings the music to life. Enjoy an afternoon filled with songs from the 1950s, 60s, and 70s, including crooner favourites and country hits that are sure to spark memories and smiles.

*Thursday, August 27 @ 1:15 pm*



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## Games

*Run from April 13 to June 26*

### BRIDGE - Location: MPR

Not suitable for beginners. There is no instructor, and this is not duplicate bridge.

*Mondays 1:30 - 3:30 pm*

*Session 1: July 6 - July 30: (4 weeks) Cost: \$10*

*Session 2: August 4 - August 27: (3 weeks) Cost: \$8*

*Registration opens June 29 at 9:30*

### CANASTA - Location: Meeting Room

We play a version of Hand & Foot Canasta.

*Mondays 1:00 - 3:00 pm*

*Session 1: July 6 - July 30: (4 weeks) Cost: \$10*

*Session 2: August 4 - August 27: (3 weeks) Cost: \$8*

*Registration opens June 29 at 9:30*

### CRIBBAGE - Location: MPR

*Tuesdays 1:30 - 3:30 pm*

*Session 1: July 6 - July 30: (4 weeks) Cost: \$10*

*Session 2: August 4 - August 27: (3 weeks) Cost: \$8*

*Registration opens June 30 at 9:30*

### MAHJONG - Location: MPR

*Thursdays 1:00 - 3:00 pm*

*Session 1: July 6 - July 30: (4 weeks) Cost: \$10*

*Session 2: August 4 - August 27: (3 weeks) Cost: \$8*

*Registration opens July 2 at 9:30*

### RUMMOLI - Location: Meeting Room

*Thursdays 1:00 - 3:00 pm*

*Session 1: July 6 - July 30: (4 weeks) Cost: \$10*

*Session 2: August 4 - August 27: (3 weeks) Cost: \$8*

*Registration opens July 2 at 9:30*

### BOCCE - Location: MPR

*Wednesdays 2:30 - 4:00 pm*

*Session 1: July 6 - July 30: (4 weeks) Cost: \$10*

*Session 2: August 4 - August 27: (3 weeks) Cost: \$8*

*Registration opens June 30 at 1:30*

Knowledge of games is not required except bridge. In each game, returning players are willing to teach new players how to play.





## Creative Interests

### Ladies in Stitches Knitting Club

Knitting shawls for Cancer Care & items for other charities. Group meets the 3rd Thursday of the month at 10:30 am in the Meeting Room. Wool donations are always appreciated. No charge for work being done for charity.



### Jammers

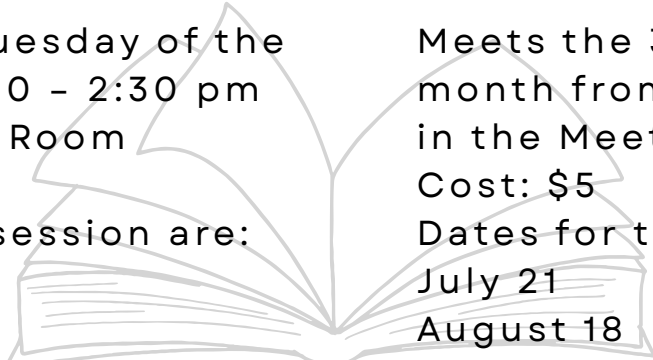
Love to sing? Play an instrument? Join the Jammers. A fun music group and a great way to meet new people. Bring your own instrument.

*Wednesdays 2:30-4:00 (7 weeks) No session Jul 22  
Cost: \$20 registration opens Jun 30 at 1:30am*



### Book Club

Meets the 1<sup>st</sup> Tuesday of the month from 1:00 - 2:30 pm in the Meeting Room  
Cost: \$5  
Dates for this session are:  
July 7  
August 4



### Mystery Book Club

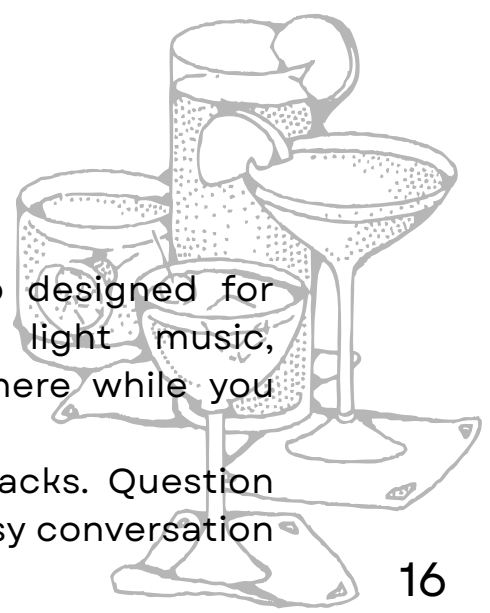
Meets the 3<sup>rd</sup> Tuesday of the month from 1:00 - 2:30 pm in the Meeting Room  
Cost: \$5  
Dates for this session are:  
July 21  
August 18

### Happy Hour

Tuesday, July 28<sup>th</sup> 1:00-3:00  
Cost: \$5

Join us for a relaxed drop-in afternoon on the patio designed for connection, conversation, and good vibes. Enjoy light music, comfortable seating, and a welcoming social atmosphere while you catch up with friends or meet new people.

A refreshing mocktail will be served alongside light snacks. Question cards will also be available at each table to help spark easy conversation and connection.





## Murder Mystery Party

Monday, July 20<sup>th</sup> 1:30-3:30

Cost: \$10

Step back into the roaring 1920s and join us for an afternoon of mystery, intrigue, and fun! Set in a lively New York jazz club during the height of Prohibition, Jazz Age Jeopardy is a guided murder mystery experience where participants are assigned unique character roles and work together to uncover clues, question suspects, and solve a fictional crime.

A murder mystery party is an interactive game where everyone becomes part of the story, sharing information, piecing together evidence, and trying to figure out “whodunit” before the final reveal.

This program is designed to be social, engaging, and easy to follow, with all materials and instructions provided.

Optional: Feel free to dress in 1920s-inspired attire to add to the atmosphere, but it is not required.

## Small Dog Walking Group

Wednesdays 9:30am

Free to attend

Dog lovers and their small canine companions are invited to enjoy a friendly and relaxed morning walk together. We will meet at the Duck Pond Shelter (the shelter with washrooms) at the Riley Family Duck Pond in Assiniboine Park.

The group will enjoy an easy walk along the river path for approximately 1 kilometre, followed by a relaxing recovery back at the duck pond.

This is a wonderful opportunity to get outdoors, socialize, and enjoy some fresh air with fellow dog owners and their furry friends.

Meeting Location: Duck Pond Shelter, Riley Family Duck Pond, Assiniboine Park

Please register weekly so that we know how many will be in attendance.



# Lunch of the Month

Join fellow Centre Members for the Lunch of the Month. Reservations under Charleswood Active Living Centre.

Registration opens Tuesday, June 30 at 1:30.  
Sign up online or call the office at 204-897-5263

Members may register for themselves and one guest. We make the reservations, but you are responsible for paying for your own lunch.

Note: Some restaurants automatically add a service charge or tip for larger groups. Please check your bill to be sure you don't double tip.

Wednesday, July 15 @ 12:00pm - Cargo Bar (330 Assiniboine Park Dr, In Assiniboine Park, casual walk up self serve patio)

Wednesday, August 19 @ 12:00pm - Headingley Grill at 166 Bridge Road, Headingley



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## Wheel of Fortune

Monday, August 24<sup>th</sup> 1:30-3:30

Cost: \$5

Join us for a fun and interactive game afternoon featuring our very own Wheel of Fortune-style challenge! Participants will work in groups to guess phrases, solve word puzzles, and spin the wheel for a chance to earn points and prizes.

## Folklorama VIP Tour

Monday, August 3<sup>rd</sup> 6:00-3:30

Cost: \$90

Tour Schedule

- 6:45pm showtime - Croatian Pavilion, appetizer served
- 8:15pm showtime - Ukraine Kyiv Pavilion, dinner served
- 9:45pm showtime - German Pavilion, dessert served

Join us on the evening of Monday, August 3 for an exciting Folklorama tour featuring three incredible cultural pavilions in one unforgettable night. Enjoy vibrant performances, delicious cultural cuisine, and the unique traditions that make Folklorama one of Winnipeg's most beloved events.

Your tour includes transportation, reserved front row seating, food and beverage samples, VIP pavilion access, and a knowledgeable tour guide. Spaces are limited and this popular event fills quickly. Register today and celebrate the rich cultures that make our community so vibrant!

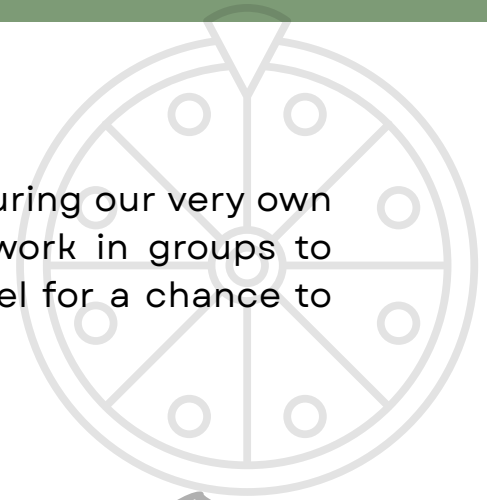
## Online Registration Tutorial

Monday, August 17<sup>th</sup> 1:30-3:30

No cost to attend, no registration

Need help signing up for programs online? Join us for our step-by-step Online Registration Tutorial sessions, running from 1:30-3:00 PM. Sessions will take place every half hour, giving participants multiple chances to drop in at a time that works best.

Each session will walk you through how to register for programming online, with guided practice time and staff support available to answer questions along the way. Whether you're brand new to the system or just want a refresher, this is a great opportunity to build confidence and get hands-on help in real time.





## Cycling Club

Tuesdays 11:00am  
Free to attend.

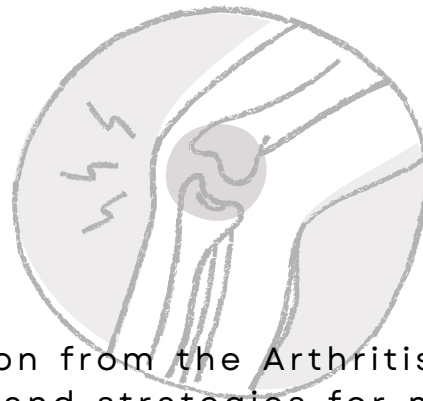
Join fellow cycling enthusiasts for a fun and social ride each week! Our group meets at the Charleswood Active Living Centre before heading out together on a pre-planned route through Winnipeg's beautiful trails and neighbourhoods. Routes will be shared in advance, allowing participants to choose rides that match their comfort level and interests. Whether you're looking to stay active, enjoy the outdoors, or connect with others who love to bike, this group is a great way to get moving and explore the community. Helmets are encouraged, and riders should be comfortable cycling independently.



## Arthritis Society Canada Presentation

Thursday, August 13<sup>th</sup> 2:00-3:00  
Free to attend.

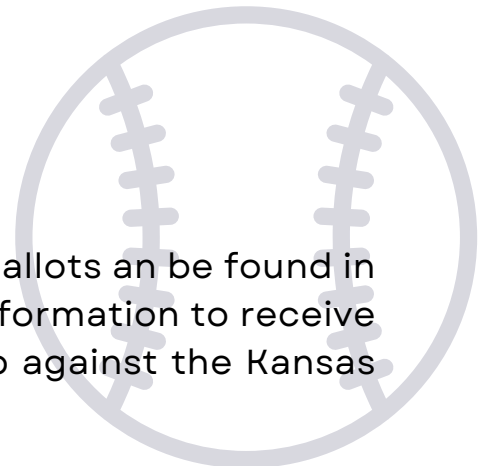
Join us for a live online presentation from the Arthritis Society of Canada featuring practical tips and strategies for managing arthritis. Learn simple, effective ways to reduce pain, improve daily movement, and better understand how to live well with arthritis from trusted experts. The presentation will be shown on a large screen in the Multipurpose Room, and there will be a question and answer period following the session for attendees to engage and get their questions answered.



## Winnipeg Goldeyes

Wednesday, July 1<sup>st</sup> 4:00pm Game Time

Enter to win Winnipeg Goldeyes Tickets! The draw ballots can be found in the reception area underneath the tv. Fill out your information to receive free tickets to the game where the Goldeyes go up against the Kansas City Monarchs.



Draw date: Wednesday, June 24<sup>th</sup> 2026



## Save the Date

### Fall Open House

Thursday, September 10<sup>th</sup> 10:30-3:30

Curious about what the Charleswood Active Living Centre has to offer? Join us for our Open House! Whether you're a current member, new member, or considering becoming one, this is a great opportunity to learn more about our programs, services, and community. Enjoy guided tours of the Centre, meet staff and volunteers, and discover all the ways you can get involved. We look forward to welcoming you!

### Fall BBQ

Thursday, September 10<sup>th</sup> 12:00-1:30

Cost: \$5

Join us on the evening of Monday, August 3 for an exciting Folklorama tour featuring three incredible cultural pavilions in one unforgettable night. Enjoy vibrant performances, delicious cultural cuisine, and the unique traditions that make Folklorama one of Winnipeg's most beloved events.

### Fall Registration

Registration for Fall programs will begin on Tuesday, September 8<sup>th</sup>.

Classes will begin the week of September 14<sup>th</sup>.

#### **Charleswood Active Living Centre**

Phone: 204-897-5263

A357 Oakdale Drive, Wpg MB R3R 4A7

info@charleswoodseniorcentre.org

Website: charleswoodseniorcentre.org

Summer Hours: Mon-Thurs 9:00am to  
4:00pm