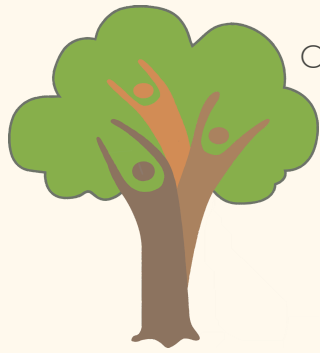




CHARLESWOOD ACTIVE LIVING CENTRE

CENTRE UPDATE

THURSDAY, AUGUST 13TH, 2026



SNEAK PEEK OF WHAT'S INSIDE:

- *General Reminders*
- *Online Registration Tutorial*
- *Lunch of the Month*
- *Rick Roschuk*
- *Summer Hours*
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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.

Online Registration Tutotial

Monday, August 17th

1:30-3:30pm

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.

Spots available! Register now!

Lunch of the Month

Wednesday, August 19th

12:00

Join us for our monthly Lunch of the Month! Members are welcome to register themselves and one guest. We'll take care of making the reservation, while each attendee is responsible for paying for their own lunch. Please note that some restaurants may automatically add a service charge or gratuity for larger groups.

Headingley Grill at 166 Bridge Road, Headingley

Rick Roschuk

Thursday , August 20th

1:00

Back by popular demand - Rick Roschuk & Trish Bennett (former lead singer of The Twilights) perform blasts from the 50's, 60's & 70's with various Crooner and Country hits.

Register now! \$5

Summer Hours

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

Closed: Wednesday, July 1st and Monday, August 3rd

Around the Community

Moon Gate Retreat

Take some time away and disconnect from your busy days enjoy the freedom with Mary Lou. Let go of things that really do not matter and one with what is present. Enjoy calming Yoga, healthy meals, and reconnect with nature, friend and self.

Date: Thursday September 10th- Saturday September 12th

Location: The Moon Gate Retreat 61105 Provincial Highway 406.

Stop by the Centre for more information or ask Mary Lou at 204-612-0312

Sponsors

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Silver Sponsors



Bronze Sponsors



Ha-Ha-Highlights

Whenever I see a quarter in the “Leave a penny, take a penny” dish at the convenience store, I think, “Well, I guess a millionaire was here earlier.” 🤪😂

I used to have an irrational fear of leaving the house with the stove on. So now I just bring the stove with me. 🔥😂

In college, I studied theatre, film, and creative writing. Which in the arts means I’m a triple threat, and in my family means I’m a “concern.” 🤪😂

I was at a barbecue and I saw that the condiments table had a sign reading “Please take only what you need.” I now have a table. 🍷😂

Construction sign says “Road Work,” but how do I know if they won’t let me drive on it? 🚧😂

A magician’s worst nightmare: A guy with amnesia 🧠😂
A wizard 🧙‍♂️⚡ A saw-resistant assistant 🔪😂

Three VIPs got washed up on a desert island. Within a few days they’d all had a guided tour of it. 🌴😂

What does armed to the teeth mean? Isn’t that just braces? 😬😂

My neighbor has a sign on his lawn: “No dog poop, please.” But my dog can’t read. 🐕💩😂

“It’s not you. It’s the fact that we are now the subject of a reality show on TLC.” 📺😂

Have a great weekend!

Dana Poulton

Program Coordinator