

# WHAT'S NEW IN THE WOODS



Charleswood 55+ Active Living Centre  
*Branching Out to The 55 Plus Community*

**Fall 2020**

## **A Message from the Board President**

**WELCOME BACK** Charleswood 55 Plus Active Living Members. Fall activities will resume in the new normal of COVID 19 Care and Caution with a return to more active living. It has been an unusual and at times difficult spring and summer. Many of us are craving more activities and normalcy. Although our fall programs will not look exactly like they did last fall, Jakee has worked tirelessly this summer to bring you as full and as safe a schedule of events possible given the restrictions and the limitations we must work within. Our space is limited and we have had to change many events and plans to accommodate social distancing in all our activities.

We hope to see you all out for our first ever outdoor Annual General Meeting which will take place beside the Harstone side of the building on September 16 at 1:30pm. We will welcome a special guest to entertain us after the meeting and we can share some refreshments and camaraderie while being six feet apart together. The rain date is September 17 at 1:30. Registration for the AGM opens September 1st.

I look forward to seeing you all back while we work forward to keep active, keep safe and keep well this fall.—*Sherry Mooney, Board President*

## **Welcome Cathy Jaman - Fitness Instructor**



- Cathy began practicing yoga much the same as anyone else, curious to understand the many benefits and eager to reap the rewards.
- Her desire to learn more about yoga led her to sign up for a 200 hour Hatha Flow - Ashtanga Influenced Yoga Teacher Training in Baja California Sur in Mexico.
- After graduating and returning home, she felt encouraged to share what she learned with the hope of others being able to experience the amazing journey too.
- Cathy looks forward to sharing her love of yoga with you in her Hatha Yoga & Yin Yoga classes.

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## New registration process in effect

- Registration for Fall classes and activities will take place online and by phone. **There is no in person registration.**
- In order to be able to accommodate the volume through both online and phone-in registration, the Centre has moved to a staggered registration process.

### Registration will open in the following manner:

Monday September 14 at 10 a.m.—registration begins for all Monday classes and activities

Tuesday September 15 at 10 a.m. —registration begins for all Tuesday classes and activities and continues for Monday classes and activities.

Wednesday September 16 at 10 a.m.—registration begins for all Wednesday classes and activities and continues for Monday and Tuesday classes and activities.

Thursday September 17 at 10 a.m.—registration begins for all Thursday classes and activities and continues for Monday, Tuesday and Wednesday classes and activities.

Friday September 18 at 10 a.m.—registration begins for all Friday classes and activities and continues for Monday, Tuesday, Wednesday and Thursday classes and activities and remains open until classes and activities are full.

We understand that this process may result in some frustration as you will need to log in on multiple days to register but we appreciate your patience as we work through the best way to serve you during these difficult times.

**Please check online to make sure you can log in and confirm that your membership is up to date. It will help make the registration process much smoother.**

#### Change in class fees

Due to the financial strains the Centre has been facing since COVID 19 we will be applying a small increase to all fitness class fees. Effective for fall registration, Classes will be \$7.25 per class (an increase of \$1 per class).

#### Class size and registration restrictions

Owing to the ongoing situation with COVID 19, the Centre has had to restrict the number of participants in classes. To provide an opportunity for as many people as possible to get into the class of their choice we ask you to please respect the following:

Barre classes—as these are limited to 6 per class you may register for one Barre class.

Sit and Fit Pilates—you may register for of two of the 3 classes

If there is room in any Barre or Sit & Fit classes beginning Friday, Sept 18 at 3 p.m. you may register for as many as you would like.

# Activities, Presentations & Workshops

All activities and presentations take place in the upstairs multi-purpose room. Registration is required for all. No drop ins.

## Paint Party

The next Picasso could be you. Let instructor Karen Wokes help you channel your inner creativity. She' will guide you through the steps to produce your own masterpiece. Water soluble acrylic paint will be used to create a masterpiece. Suitable for those with and without experience.

**Monday, October 19 from 10 a.m. to 12 p.m. Cost is \$15.** All supplies will be provided. If you were registered to attend the session on March 30th we have transferred your registration. If you are not interested in attending please let the office know so we may refund your fee or, if you prefer, provide you with a tax receipt. **Maximum participants is 10.**

## Natural Methods That Prevent Development & Progression of Dementia

This session offers senior adults information on the factors that contribute to dementia including memory loss, loss of independence, loss of identify and ultimately dependence on family. The focus is on natural ways to keep the brain sharp and prevent dementia. Presentation by Noreen Kolesar, Brain Health & Fitness Specialist.

**This session will be offered twice. Thursday October 1 at 10 a.m . OR Tuesday October 27 @ 2:15 p.m. Maximum participants per session is 18.** Register for one session only. No Cost. **Session fees are covered by the Healthy Together Now Grant.**

## Mapping Historic Manitoba

This presentation will describe an ongoing project of the Manitoba Historical Society to map and present noteworthy historic sites around the province. Buildings, cemeteries, monuments, and other sites are visited, a precise location is measured using GPS, and photographs are taken, including aerial views by drone.

**Thursday October 29, 10:30 a.m.** Presenter Dr. Gordon Goldsborough is an active member of the Manitoba Historical Society, being Head Researcher, Webmaster, and an Editor of Prairie History magazine. **Maximum participants per session is 18. No cost to attend.**

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# Activities ,Presentations & Workshops...continued

## Difficult Conversations

Do you sometimes wish conversations had gone differently? Do you sometimes think....I wish I had handled that better. Do you ever walk away feeling tension but not knowing why or what was actually said? In this fun, interactive and engaging series of workshops you will learn/review and practise communication tools to deal with misunderstandings, mistakes and disagreements. These tools and models can help you feel less tension and more resolution of difficult conversations.



**Four two hour sessions– Tuesdays November 3,10,17,24. 1:30 p.m. Maximum participants 16. Cost \$40 for all sessions** (no individual session registration). This is generally a 16 hour course that has been condensed. Presented by Sherry Mooney, Board Chair & Human Resource Specialist.

## In The Works

The following activities, presentations & classes are in the process of being scheduled/rescheduled but the dates have not yet been confirmed

- **Floral Arrangement**
- **Learning to use Zoom**
- **Photography**



**Myrna DRIEDGER**  
MLA for Roblin



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Barre class registration restricted to one class and Sit and Fit Pilates restricted to two classes until Friday September 18 at 3 p.m. at which time any available spots may be filled.

**ALL FITNESS CLASSES START THE WEEK OF SEPTEMBER 21ST**

## **Barre Fitness with Jill**

This workout is geared to encourage your body to produce lean and toned muscles. It blends Pilates with dance, cardio and strength training specifically challenging arms, legs and core to strengthen and lengthen the body.

**Wednesdays 11:00 am (12 wks)**

Cost: \$87 members, \$107 for non-members

**Thursday 10:45 am (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## **Barre Fitness with Kirstin**

Blends classic ballet strengthening exercises with fitness powered by energizing, heart pumping music that makes you want to move. With the support of a ballet barre it will take you through a flow of choreographed high-powered sequences.

**Tuesdays 9:30 am (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

**Fridays 10:45 am OR 12:15 pm (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## **Barre-Dio with Kirstin**

Barre-dio is a workout that focuses on the strength, deep core activation, and stability work of a traditional barre class with choreography that will get your heart rate up. If you've been wanting to take your barre training to the next level, or, if you want to improve your cardiovascular health, this class is for you.

**Thursdays 12:30 pm, (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## **Brain & Body Blast with Jill**

This class sharpens the brain & strengthens your bones and muscles at the same time. All the important components of a well-rounded fitness class are covered in this motivating workout. Class involves a ball routine for light cardio, strength & balance training, stretching & the added challenge of brain & body movement patterns

**Mondays 10:45 am, (12 wks)**

Cost: \$87 members, \$107 for non-members

## **Chair Yoga with Kirstin**

For those who have some limitations to their mobility. This class enables you to use a chair versus trying to lay on the floor on a mat and focuses on maintaining movement in all muscles with gentle postures and stretches

**Tuesdays, 3:15 pm (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## **Functional Fitness with Andrew**

Functional fitness moves focus on balance, core strength, endurance and multi-joint flexibility. Class begins with a quick 2 min. about your body's muscles. Followed by 20 mins of cardio, 20 mins of functional strength training, 10 mins. of balance training and 10 mins. of stretching. Focuses on activities of daily living. Great for all levels.

**Thursdays 2:30 pm (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## **Gentle Yoga with Jill**

This invigorating yoga based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. The standing moves are taught in varying levels behind a chair so you can be safely guided from pose to pose. Each individual pose is held for an intermediate level of time. The mat based moves encompass the last 25-30 percent of the class

**Mondays 12:15 pm OR 1:35 pm (12 wks)**

Cost: \$87 members, \$107 for non-members

## **Hatha Yoga with Cathy**

Strengthen, stretch, tone and relax. Whether trying to get in shape, cope with tension or relieve tightness in your body, Hatha yoga is the classical form of yoga postures and breathing techniques that revitalize the body physically and mentally. It increases muscle tone, improves flexibility and concentration, detoxifies the vital organs and allows you to experience a state of deeper relaxation. Open to all levels of fitness,.

**Wednesdays 2:45 pm (12 wks)**

Cost: \$87 members, \$107 for non-members

# Fitness Classes

## Pilates with Jill

Molded to suit ages 50 and up. Exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies. *Bender Balls will be used. Please Note: Check with your doctor if you have osteoporosis.* This is a continual on-going program, with additional new exercises each term.

**Tuesdays, 1:45 pm, (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## Sit & Fit Pilates with Jill

This chair class is a good solid core workout. STOTT PILATES breathing and core strengthening principles are the foundation for this solid program. All your muscles will become stronger and longer! Bender Balls, Golf Balls, & Therabands are used. This class is appropriate and challenging for individuals regardless of their fitness level.

**Mondays 2:55 pm (12 wks)**

Cost: \$87 members, \$107 for non-members

**Tuesdays 11:00 am (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

**Thursdays 9:30 am (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## Weight Training with Raul

Strength and Stretch with Balance. Using your own body weight and bands, join Raul in a series of strengthening exercises and balance drills with a relaxing stretch to end the class.

**Fridays 9:15 am (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## Yin Yoga with Cathy

Yin Yoga is a unique practice which gently targets joints, ligaments and fascia and even our bones within the body. Most poses are seated on a mat and focus on the lower half of the body. Each posture is held for longer periods of time to encourage the slow and safe opening of connective tissues, leaving one with an overall feeling of lightness, spaciousness and peace. Suitable for all levels of fitness.

**Fridays 1:45 pm (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## IAM Fitness with Raul

Improve & Maintain your fitness. 5 min warm up & 20 min cardio followed by 25 min of strength work out with a stretch & balance drill to end the class.

**Fridays 10:20 am (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## Total Body Conditioning with Andrew

An excellent class for those looking to get fit. Includes muscular exercises and aerobic movement.

**Tuesdays, 12:15 pm (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## Total Body Fitness with Eleanor

Class starts with a warm up, pre-cardio and cardio exercises, followed by muscle conditioning & balance exercises & ends with a cool down & relaxation. This class is good for beginners & will satisfy the moderately fit.

**Wednesdays, 9:30 am (12 wks)**

Cost: \$87 members, \$107 for non-members

## Restorative Yoga with Kirstin

This Yoga is a series of non-weight bearing poses designed to make you feel great during and after class. The sequence is slow -- each pose is held between one and two minutes.

**Thursdays 1:45 pm (13 wks)**

Cost: \$94.25 members, \$114.25 non-members

## Tai Chi with Jill

This class will help you unwind, improve balance and gently stimulate your body and soul. This unique program, created by Jill, is based on different forms of Tai Chi and Quigong movement patterns and is appropriate & beneficial for all levels.

**Wednesdays, 12:15 pm or 1:15 pm (12 wks)**

Cost: \$87 members, \$107 for non-members

## Zumba with Rhiz

A great opportunity to exercise and have fun. Dance to great music, with great people and burn a ton of calories without even realizing it.

**Mondays, 9:15 am (12 wks)**

Cost: \$87 members, \$107 for non-members



# Special Interest Clubs

## Book Clubs



Following your registration you will receive an email from the Group Leader.

**Maximum number of participants is 14** in each group. Groups will utilize the full upstairs room. **Cost is \$10 for the year.**

**Book Club 1:** Meets the **4th Monday of the month at 1:00 p.m.** Group Leader John. First meeting is September 28. Book for September discussion is **The Zookeeper's Wife** by Diane Ackerman.

**Book Club 2:** Meets the **2nd Monday of the Month at 1:00 p.m.** Group Leader Colleen. First meeting is October 5 as Thanksgiving falls on the 2nd Monday. October book is **Orphan Train** by Christina Baker Kline.

**Mystery Book Club:** Meets the **3rd Monday of the month at 1:00 p.m. Centre.** Group Leader Maxine. First meeting is September 21. Books for September discussion are **The Woman in the Window**, and **Cemetery Road**. **Dark Tide Rising** will be discussed at the October meeting.

## Jam Sessions

Love to sing? Join the Jammers. A fun music group and a great way to meet new people. The group meets **Wednesdays at 10:00 a.m.** **There are no Jam Sessions on the third Wednesdays of the month.** Must be registered to attend. Fee is **\$10/year.** **Bring your own instrument.**



# Classes

## Creative Writing

You may not have a lot of experience writing stories, but you've lived an experience-filled life. Lesley Peterson, local writer and editor, will combine instruction, practice, and workshop-style discussion to explore how to deal with writer's block; where inspiration comes from; effective description; developing character and voice; creating atmosphere and other story-telling fundamentals. **Trust your stories and find your voice in a community of story-tellers.** No computer required. This 8 week class is suitable for those returning as well as newcomers.

**Tuesdays 10 a.m. to noon. First class October 6 upstairs at the Centre. Maximum number of participants 12 . Cost \$80.**

## Watercolour Painting

**Are you interested in learning how to paint** with instruction from local artist Virginia Stephenson? This course will cover the basics of watercolour painting and is suitable for novice and returning participants. You will be required to purchase some basic supplies.

**Takes place Thursdays on October 8,15 & 22. at 10am upstairs at the Centre. Cost is \$25** If you were already enrolled in the previous Watercolours class and did not receive a refund, your registration has been transferred to this class. Please call the office to confirm your registration.

## Cancellations & Refunds

Below is the list of programs and events that have been cancelled and will not be rescheduled at this time. The Centre will provide a refund, or if you wish, you can donate the funds to the Centre and receive a tax receipt for your donation. Like so many, you may have already generously donated fees from previously cancelled programs and activities. Those donations have had a significant impact on our bottom line as we work to maintain a balanced budget and affordable programming.

In September you will receive an email from the office letting you know the value of the refund owed and asking what you would like us to do with the funds. Unfortunately it is not possible for us to apply these fees as a credit towards future programs.

- **Sand Hills Casino**
- **Celebrations Dinner Theatre**
- **Party with a Purpose**
- **Quiz Nite**
- **Canadian Museum for Human Rights Tour**



We ask that you kindly wait to receive the email as opposed to contacting the office.

## Postponed Activities

Once government restrictions have been lifted, and it is safe to do so, the following activities will resume:

- **Bridge, Canasta**
- **Cribbage**
- **Rummoli, Mah-jong**
- **Ladies in Stitches**
- **Hike the Harte Trail**
- **High Tea Society**
- **Badminton**
- **Pickle Ball**
- **Lunch at the Centre, Lunch of the Month**







# MARTY MORANTZ

MEMBER OF PARLIAMENT FOR  
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# Keeping you safe during COVID 19

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**Your safety is our top priority** and we have employed a number of measures to ensure we do everything within our power to keep our Centre safe for everyone.

- **We are following Government Guidelines** and regularly consult with the Manitoba Association of Seniors Centres to ensure we stay informed of any required changes and recommendations
- Increased cleaning and sanitation processes are in place and staff have completed the **"Clean it Right"** Program through the Manitoba Tourism Education Council
- We have reduced the maximum allowed participants for all our classes, programs and activities
- The main Roblin Street door to the Centre has been designated as the only entry door. You will need to exit the Centre through the Harstone door if you are in the Gym and the other Roblin street door if you are upstairs
- The timing of classes and activities has been spaced so that there is minimal overlap

## Face Masks at the Centre

Beginning September 1, 2020 it will be mandatory to wear a face covering (mask or shield) in the common areas at the Centre. Please keep your face covered everywhere in the Centre except for when you are situated at your fitness spot or activity spot.

Masks are not required during classes or activities unless specifically requested as you will be physically distanced. However, it is not always possible to be adequately spaced when arriving, departing, getting ready for a class or using the facilities.

If you require a mask you may purchase a disposable one at the Centre for \$2.

## Volunteers needed. Can you help?

We are looking for volunteers to help us ensure things run smoothly. If you are available to help out in any of the following ways and can commit to a minimum of a half day a week, please call the office for more information and to let us know when you are available.

### Duties:

- Ensuring members arrive and depart following guidelines
- Record attendance
- Direct foot traffic inside the Centre
- Sanitizing communal areas, gym & multi-purpose room

## Please Stay home if:

- **You feel unwell**
- **Have developed any new symptoms related to your health**
- **Have been told to isolate**
- **Have COVID or are waiting for COVID results**
- **Have come in contact with anyone who is positive or waiting for COVID test results**
- **Have been outside the Province other than those locations where the Government does not require a 14 day isolation**

## Charleswood 55 Plus Active Living Centre Board of Directors

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### SAVE THE DATE

**Annual General Meeting** of the Charleswood Senior Centre Inc

**Wednesday, September 16, 2020, 1:30 p.m.**

Centre parking lot off Harstone Road

Street parking & front lot off Roblin. No parking in Harstone Road lot

Pre-registration required.

Registration online or by phone beginning Tuesday September 1, 2020

Light refreshments and enlightening entertainment

Rain Date: Thursday, September 17, 2020.



## Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Fitness Schedule				
9:15 Zumba (Rhiz)	9:30 Barre Fitness (Kirstin)	9:30 Total Body Fitness (Eleanor)	9:30 Sit & Fit (Jill)	9:15 Weight Training (Raul)
10:45 Brain & Body Blast (Jill)	11:00 Sit & Fit (Jill)	11:00 Barre Fitness (Jill)	10:45 Barre Fitness (Jill)	10:20 IAM Fitness (Raul) (Upstairs Room)
12:15 Gentle Yoga (Jill)	12:15 Total Body Conditioning (Andrew)	12:15 Tai Chi (Jill) (Upstairs Room)	12:30 Barre Dio (Kirstin)	10:45 Barre Fitness (Kirstin)
1:35 Gentle Yoga (Jill)	1:45 Pilates (Jill)	1:15 Tai Chi (Jill)	1:45 Restorative Yoga (Kirstin) (Upstairs Room)	12:15 Barre Fitness (Kirstin)
2:55 Sit & Fit (Jill)	3:15 Chair Yoga (Kirstin)	2:45 Hatha Yoga (Cathy)	2:30 Functional Fitness (Andrew)	1:45 Yin Yoga (Cathy)