



Pembina Active Living (55+)

FALL PROGRAMS 2021

Location: Whyte Ridge Community Centre, 170 Fleetwood Road

Email or Canada Post for Membership Application and Program Registration is available for those who need it.

**Masks are required for PAL (55+) indoor programs
(based on current public health orders which are subject to change).**

https://manitoba.ca/asset_library/en/proactive/20212022/orders-soe-07152021.pdf

Due to sanitation requirements please arrive no more than 10 minutes before your scheduled class.
PAL (55+) will provide hand sanitizer.

All In person activity must show proof of vaccination.

E-transfer to treasurer@pal55plus.ca

Cheques payable to PAL (55+). NO POST-DATED CHEQUES WILL BE ACCEPTED. Program fees include GST.

Registration can be sent by mail to the address below or by email to:

Pembina Active Living (55+)

Email: office@pal55plus.ca

RPO Box 34056

Winnipeg, MB R3T 5T5

Website: www.pal55plus.ca

Phone: 204-946-0839

Facebook: pal55plus

We reserve the right to cancel any class that does not meet the minimum requirements for registration. A full refund will be issued. **PAL (55+) is a registered charity.**

**Because of the recommended 2-3 metres of social distancing, in-person classes will be limited to the first 8 people who request this option.
Other participants will be attending virtually**

TUESDAY

OLDER ADULT WEIGHT TRAINING

Whyte Ridge C.C./Online

Please bring own mats.

Sept 14 – Nov 30 (12 classes) 9:00 – 9:50 am

Cost: \$60.00 member

Instructor: Monique Bohemier

Contact: 204-946-0839

ZUMBA FOR SENIORS

Whyte Ridge C.C./Online

Sept 14 – Nov 30 (12 classes) 11:30 am – 12:20 pm

Cost: \$60.00 member

Instructor: Christy Rae

Contact: 204-946-0839

TAI CHI DEFENSIBILITY-All Levels

Online

Please bring own mats. Develop stability, strength, and balance by learning the practical applications of tai chi postures. No previous experience necessary.

Sept 14 – Nov 30 (12 classes) 12:45 – 1:35 pm

Cost: \$72.00 member

Instructor: Jolie Lesperance

Contact: 204-946-0839

W E D N E S D A Y

SENIORS YOGA- Intermediate

Whyte Ridge C.C./Online

Please bring own mats

Sept 15 – Dec 1 (12 classes) 9:00 – 9:50 am

Cost: \$90.00 member

Instructor: Andrea Robin

Contact: 204-946-0839

DROP-IN BRIDGE-Learn to Play

Whyte Ridge C.C.

Nov 3 – Dec 15 9:30 – 11:30 am

Cost: \$2.00 (drop-in fee, member)

Convener: Ron Wood

Must Register and be a PAL (55+) member

PINPALS Five-Pin Bowling (non-competitive) – ALL Welcome – can join anytime.

Dakota Lanes

Weekly 10:00 am – 12:00 pm

Cost: \$9.00 member (plus \$2.00 shoes, paid to lanes)

Sept 8 – Dec 15

Contact: Marla 204-269-5383

Must Register and be a PAL (55+) member

SENIORS YOGA - Beginners

Whyte Ridge C.C./Online

Please bring own mats

Sept 15 – Dec 1 (12 classes) 10:15 – 11:05 am

Cost: \$90.00 member

Instructor: Andrea Robin

Contact: 204-946-0839

SENIORS FITNESS

Whyte Ridge C.C./Online

Please bring own dyna bands

Sept 15 – Dec 1 (12 classes) 11:30 am – 12:20 pm

Cost: \$60.00 member

Instructor: Eleanor Single

Contact: 204-946-0839

MAHJONG

Whyte Ridge C.C.

Come out and play with other PAL members.

Nov 10-Dec 8 1:00 – 3:00 pm

Cost: \$2.00 (drop-in fee, member)

Convener: Depeng Jiang

Must Register and be a PAL (55+) member

T H U R S D A Y

No classes Nov 11th

ALWAYS WRITE

Online/Whyte Ridge C.C.

Sept 23 – Dec 2 (10 classes) * 10:00 am – 12:00 pm

Cost: \$2.00 (drop-in fee, member)

Instructor: Linda Mozel

Must Register and be a PAL (55+) member

VARIETY FORMATS FITNESS

Whyte Ridge C.C./Online

Please bring own mats and resistance bands. Full body workout that will improve muscular strength, endurance, and strengthen bones.

Sept 16 – Dec 9 (12 Classes) * 10:15 – 11:05 am

Cost: \$60.00 member

Instructor: Suni Matthews

Contact: 204-946-0839

PAL BOOKCLUB

Whyte Ridge C.C.

2:00 pm – 3:00 pm

Cost: own cost \$2.00 (drop-in fee, member)

Sept 9 – The Difference by Marina Endicott, Oct 14 - Stay With Me by Ayobami Adebayo,

Nov 11 - The Hour of the Fox by Kurt Palka (online), Dec 9 – Through the Garden by Lorna Crozier

Convener: Renate Duddek r.duddek@yahoo.com

Must Register and be a PAL (55+) member

DROP-IN PAINTING

Whyte Ridge C.C.

1:00 pm – 3:00 pm

Cost: \$2.00 (drop-in fee, member)

Drop-in dates Sept 16, 23, Oct 7, 21, Nov 4, 18 & Dec 2, 16

Convener: Pat Opalko

Must Register and be a PAL (55+) member

FRIDAY

OLDER ADULT WEIGHT TRAINING

Sept 17 – Dec 3 (12 classes) 9:00 – 10:00 am

Instructor: Monique Bohemier

Online

Cost: \$60.00 member

Contact: 204-946-0839

PAL/FGMB MIXED 55+ PICKLEBALL

Covid restrictions may apply. This is a joint program; registration is limited to 12 PAL members

Sept 10 – Nov 26 (12 classes) 11:00 am – 1:00 pm

Convener: Jerry Johnstone. jerry.johnstone@icloud.com

FGMB Church Gymnasium

1771 Pembina Hwy

Cost: \$36.00 member (not a drop-in)

Contact: 204-803-4907

LUNCH PALS

Provincial pandemic regulations, all patrons must be fully immunized for indoor dining.

Program runs 2nd & 4th Friday of the month

Convener: Marla Olinyk

Various Restaurants

Cost: Own cost

Must Register & be a PAL (55+) member

Office Hours: Tuesday – Thursday 9:00 am – 3:30 pm

EVENTS:

Special presentations will be scheduled during the fall and announced in the weekly email blast. They will be scheduled for afternoons on the 2nd Thursday of the month.

Flex Pass Program Information

Dance (Let's Dance & Zumba)

Exercise (all Fitness classes)

Yoga (all Yoga classes)

\$75.00/10 classes not transferable between programs

\$60.00/10 classes not transferable between programs

\$100.00/10 classes not transferable between programs

- No expiry date.
- Lost cards will not be replaced.
- Participants who have registered for the program are guaranteed a spot in class.
- Drop-ins are first come, first served and participants are not accepted if class is full that day.