



# *P*embina *A*ctive *L*iving (55+)

## **F A L L P R O G R A M S 2 0 2 2**

Program registration can be in-person, by email or by mail.

Physical address: 170 Fleetwood Road (Whyte Ridge)

Mailing address: P. O Box 70054 RPO Kenaston, Winnipeg, MB R3P 0X6

Website: [www.pal55plus.ca](http://www.pal55plus.ca)

Email: [office@pal55plus.ca](mailto:office@pal55plus.ca)

Phone: 204-946-0839

Facebook: pal55plus

Instagram: pal55plus

Office Hours: Monday to Thursday 9:00 am – 3:30 pm

### Payment Options:

- E-transfer to: **treasurer@pal55plus.ca password: PALS55**
- Cheques payable to PAL (55+).
- NO POST-DATED CHEQUES WILL BE ACCEPTED.
- Program fees include GST.

PAL (55+) reserves the right to cancel any class that does not meet the minimum requirements for registration. A full refund will be issued.

### **Flex Pass Program Information**

This flex pass is intended throughout the year,  
to give you an opportunity to try out different classes.  
(For instructor lead classes only)

Dance (Zumba)	\$75.00/10 classes not transferable between programs
Exercise (all Fitness classes)	\$60.00/10 classes not transferable between programs
Yoga (all Yoga classes)	\$100.00/10 classes not transferable between programs

- No expiry dates.
- 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 if there is space in the class

## MONDAY

### Take 5 Day Program

**\*New Program**

Dates: Every Monday, (excluding holidays) September 19 – June 19, 2023 (36 Mondays)

Time: 9:30 am to 2:30 pm (pick up around 9am)

Location: Whyte Ridge CC

Cost: \$30 daily (includes transportation to and from, snacks, lunch, and programs.)

Facilitator: Volunteer Program Coordinator

Information: must register (limited space)

### VARIETY FORMAT FITNESS

Dates: Sept 12 – Dec 5 (12 classes) \*No Class Oct 10th

Time: 9:30 – 10:20 am

Location: Whyte Ridge C.C. and Online

Cost: \$50 /member

Instructor: Suni Matthews 204-946-0839

Information: Focus will be on functional exercises that strengthen and train your muscles to perform activities of daily living. All levels welcome. **Please bring own mats and resistance bands.**

### PAL PRESENTS

Dates: Every Monday Sept 19 – June 19

Time: 1:00 to 1:45 pm, (2:00 to 2:30 – musical entertainment)

Location: Whyte Ridge C.C.

Cost: \$2 Drop in Fee

Facilitator: Volunteer Program Coordinator 204-946-0839

Information: An information/presentation session on a variety of topics including travel, culture, health, recreation, finances, and any other topics of interest for seniors.

## TUESDAY

### MEN'S CASUAL BREAKFAST

Dates: Every Tuesday

Time: 9:00 am

Location: Smitty's 2835 Pembina Highway

Cost: Individual pays

Convenor: Dale Shantz 204-261-4474

Information: Must register and be a PAL (55+) member

### OLDER ADULT WEIGHT TRAINING

Dates: Sept 13 – Nov 29 (12 classes)

Time: 9:15 – 10:05 am

Location: Online

Cost: \$50.00 / member

Instructor: Monique Bohemier 204-946-0839

### CONVERSATION CIRCLE

Dates: Sept 15 – Dec 8

Time: 10:00 – 11:00 am

Location: Whyte Ridge C.C.

Cost: Free

Instructor: Susan Fletcher 431-277-7893

Information: Must register and be a PAL (55+) member

### ZUMBA FOR SENIORS

Dates: Sept 13 – Nov 29 (12 Classes)

Time: 11:30 am – 12:20 pm

Location: Whyte Ridge C.C.

Cost: \$50.00 /member

Instructor: Christy Rae 204-946-0839

## PAL/FGMBC MIXED 55+ PICKLEBALL – SESSION 1

Dates: Weekly, September 6 – November 29\*

Time: 12:00 pm to 2:00 pm

Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy

Cost: \$42 for 12 weeks \*One of the Tuesday dates will not be available for regular play

Note: participation is limited to the first 24 players to register

Convener: Jerry Johnstone jerry.johnstone@icloud.com

## VARIOUS PAL EVENTS

### \*New Programs

Dates: Sept 13 – Dec 13

Time: 1:00 – 2:00 pm

Location: Whyte Ridge C.C

Cost: \$2 drop in fees

Information: (1<sup>st</sup> Tues PAL Cares), (2nd Tues. \*Alzheimer Support Group), (3rd Tues. Technology Training), (4<sup>th</sup> Tues. \*PAL Travel Tips)

## WEDNESDAY

### SENIORS YOGA – Intermediate

Dates: Sept 14 – Nov 30 (12 classes)

Time: 9:00 - 9:50 am

Location: Whyte Ridge CC and Online

Cost: \$80.00 /member

Instructor: Andrea Robin 204-946-0839

Information: Please bring your own mats

### DROP-IN BRIDGE-Learn to Play

Dates: Sept 14 weekly

Time: 9:30 – 11:30 am

Location: Whyte Ridge C.C.

Cost: \$2.00 drop-in fee

Convener: Ron Wood

Information: Must register and be a PAL (55+) member

### PINPAL's Five-Pin Bowling (non-competitive)

Dates: Sept 14 weekly

Time: 10:00 am – 12:00 pm

Location: Dakota Lanes

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

Convener: Marla Olynyk 204-269-5383

Information: Must register and be a PAL (55+) member, can join anytime

### BEGINNERS SENIORS' YOGA

Dates: Sept 14 – Nov 30 (12 classes)

Time: 10:00 – 10:50 am

Location: Whyte Ridge C.C and Online

Cost \$80.00 /member

Instructor: Andrea Robin 204-946-0839

Information: **Please bring own mats**

### SENIORS FITNESS

Dates: Sept 14 – Nov 30 (12 classes)

Time: 11:00 – 11:50 am

Location: Whyte Ridge C.C.

Cost: \$50.00 /member

Instructor: Eleanor Single 204-946-0839

Information: **Please bring own dyna bands**

### LINE DANCE

Dates: Sept 14 – Nov 30 (12 classes)  
Time: 1:00 to 2:00 pm  
Location: Whyte Ridge C.C  
Cost: \$50.00 /member  
Instructor: Heather Schwartz  
Information: Intermediate. Must be a member of PAL or WCSA  
Come have fun and get your body moving

### TAI CHI SOFT BALL (Form of Dance)

Dates: Sept 20 – Dec 20  
Time: 6:00 to 8:00 pm  
Location: Ecole Crane School 888 Crane Ave  
Cost: free  
Instructor: Lynn Tran  
Information: Intermediate. Must be a member of PAL or WCSA  
Come have fun and get your body moving

### THURSDAY

### TAI CHI

Dates: Sept 15 – Dec 1 (12 classes)  
Time: 10:00 to 11:00 pm  
Location: Whyte Ridge C.C.  
Cost: \$60.00/ member  
Instructor: Garry Eng 204-946-0839

### ALWAYS WRITE

Dates: Sept 15 – Nov 17  
Time: 9:30 am – 12:00 pm  
Location: Online  
Cost: Free  
Instructor: Linda Mozol 204-946-0839  
Information: Must register and be a PAL (55+) member

### PAL BOOK CLUB

Dates: 2<sup>nd</sup> Thursday of the month: Sept 8, Oct 13, Nov 10, Dec 8  
Time: 2:00 – 3:00 pm  
Location: Whyte Ridge C.C.  
Cost \$2.00 drop in fee  
Convener: Bea Schantz  
Information: Must register and be a PAL (55+) member.

### PAL PAINTERS

Dates: 1<sup>st</sup> & 3<sup>rd</sup> Thursday: Sept 15 & 29, Oct 6 & 20, Nov 3 & 17, Dec 1 & 15  
Time: 1:00 – 3:00 pm  
Location: Whyte Ridge C.C.  
Cost: \$60.00 /member (8 classes)  
Convener: Pat Opalko  
Instructor: Phil Brake  
Information: Must register and be a PAL (55+) member. Must provide own painting supplies

### STILL BLOOMIN' GARDENING CLUB

Dates: Sept 22, Oct 27, Nov 24  
Time: 1:00 – 3:00 pm  
Location: Whyte Ridge C.C.  
Cost: \$2.00 drop-in fee  
Contact: Volunteer Program Coordinator 204-946-0839  
Information: Must register and be a PAL (55+) member

**FRIDAY**

**OLDER ADULT WEIGHT TRAINING**

Dates: Sept 16 – Dec 9 (12 Classes) \*No class Nov 11  
Time: 9:15 – 10:05 am  
Location: Online  
Cost \$50.00 /member  
Instructor: Monique Bohemier 204-946-0839

**PAL/FGMBC MIXED 55+ PICKLEBALL – SESSION 2**

Dates: Weekly, September 9 – December 2 (excluding Nov 11)  
Time: 11:00 am to 1:00 pm  
Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy  
Cost: \$42 for 12 weeks  
Note: participation is limited to the first 24 players to register  
Convener: Jerry Johnstone [jerry.johnstone@icloud.com](mailto:jerry.johnstone@icloud.com)

**LUNCH PALS**

Dates: 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month starting Sept. 9  
Time: 11:30 am  
Location: Various Restaurants – convener will contact, with locations  
Cost: Individual pays  
Convener: Marla Olinyk [lunchpals1@gmail.com](mailto:lunchpals1@gmail.com)  
Information: Must register and be a PAL (55+) member

**MOVIE PALS**  
(Dinner and a Movie)

**\*New Program**

Dates: 3<sup>rd</sup> Friday of the month starting Sept. 16.  
Time: afternoon movie and dinner at a restaurant close by afterward  
Location: Grant Park Landmark/Silver City St. Vital – Restaurant locations to follow  
Cost: Individual pays  
Convener: Volunteer Program Coordinator  
Information: Must register and be a PAL (55+) member