



*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

Email: 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: (1st Tues PAL Cares), (2nd Tues. *Alzheimer Support Group), (3rd Tues. Technology Training), (4th 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: 2nd 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: 1st & 3rd 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

LUNCH PALS

Dates: 2nd & 4th 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
Information: Must register and be a PAL (55+) member

MOVIE PALS
(Dinner and a Movie)

***New Program**

Dates: 3rd 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