



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

SPRING PROGRAMS 2023

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.

MONDAY

PAL PUTTERS – 9 Hole Golf

Dates: Weekly May 1 – Sept 25
Time: 8:00 am Tee off time
Location: Southside Golf Course 2226 Southside Rd, Grande Point MB
Cost: Green Fees
Convener: Craig Parker craegparker@mymts.net
Information: Must register and be a PAL (55+) member. Program runs through the summer

TAKE 5 DAY 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 C.C.
Cost: \$30 daily (includes transportation to and from, snacks, lunch, and programs.
Facilitator: Volunteer Program Coordinator 204-946-0839
Information: must register (limited space)

VARIETY FORMAT FITNESS

Dates: Apr 3 – Jun 12 (10 classes) * **no class May 22**
Time: 9:30 – 10:30 am
Location: Whyte Ridge C.C.
Cost: \$45 /member
Instructor: Suni Matthews/ Florida Blanco (filling in) 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, (excluding holidays) Sept 19 – June 19, 2023
Time: 1:00 to 1:45 pm
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: April 4 – June 6 (10 classes)
Time: 9:15 – 10:15 am
Location: Online
Cost: \$45.00 / member
Instructor: Monique Bohemier 204-946-0839

ESL CONVERSATION CIRCLE

Dates: April 4 – June 6 (10 Classes)
Time: 10:00 – 11:50
Location: Whyte Ridge C.C.
Cost: Free
Instructor: Susan Fletcher 431-277-7893

ZUMBA FOR SENIORS

Dates: April 4 – June 6 (10 weeks)
Time: 11:00am – 12:00
Location: Whyte Ridge C.C
Cost: \$45.00/member
Instructor: Lara Mulkie

PAL/FGMBC MIXED 55+ PICKLEBALL – SESSION 1

Dates: Weekly, April 4 – May 23 (8 weeks)
Time: 11:00 am to 1:00 pm
Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy
Cost: \$28
Note: participation is limited to the first 24 players to register
Convener: Jerry Johnstone jerry.johnstone@icloud.com

VARIOUS PAL EVENTS

Dates: April 4 – June 27
Time: 1:00 – 2:00 pm
Location: Whyte Ridge C.C
Cost: \$2 drop in fees
Information:
(1st Tues **PAL Cares**),
(3rd Tues. **Technology Training**),
(4th Tues. **PAL Travel Tips**)

MOVIE PALS (Dinner and a Movie)

Dates: 3rd Tuesday of the month
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
Contact: Volunteer Program Coordinator 204-946-0839

WEDNESDAY

SENIORS' YOGA - Intermediate

Dates: April 5 – June 7 (10 classes)
Time: 9:00 - 9:50 am
Location: Whyte Ridge C.C.
Cost: \$66.00 /member
Instructor: Andrea Robin & Tally Young (filling in) 204-946-0839
Information: Please bring your own mats

DROP-IN BRIDGE - Learn to Play

Dates: April 5 weekly
Time: 9:30 – 11:30 am
Location: Whyte Ridge C.C.
Cost: \$2.00 drop-in fee
Convener: Ron Wood 204-946-0839
Information: Must register and be a PAL (55+) member

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

Dates: Jan 11th start date, weekly ***ends April 18th**
Time: 10:00 am – 12:00 pm
Location: Dakota Lanes, 1085 St Mary's Road
Cost: \$9.00 plus \$2.00 for shoes, (paid to lanes)
Convener: Marla Olinyk 204-299-0450
Information: Must register and be a PAL (55+) member, can join anytime

PAL PEDALLERS – Spring & Summer Cycling

Dates: Weekly May 24 – Sept 27 (18 weeks) *no ride August 2
Time: 10:00 am (approximately 2 hrs duration)
Location: To be announced to registrants
Note: Must register and be a PAL (55+) member
Convener: Jerry Johnstone jerry.johnstone@icloud.com

SENIORS' YOGA - Beginners

Dates: April 5 – June 7 (10 classes)
Time: 10:00 – 10:50 am
Location: Whyte Ridge C.C.
Cost \$66.00 /member.
Instructor: Andrea Robin & Tally Young (filling in) 204-946-0839
Information: **Please bring own mats**

SENIORS FITNESS

Dates: April 5 – June 7 (10 classes)
Time: 11:00 – 11:50 am
Location: Whyte Ridge C.C.
Cost: \$45.00 /member
Instructor: Eleanor Single 204-946-0839
Information: **Please bring own dyna bands**

PAL CAFÉ

Dates: April weekly
Time: 1:00 – 3:00 pm
Location: Whyte Ridge C.C.
Cost: Own Cost
Information: Bring a friend or meet some new friends.

LINE DANCE - Intermediate

Dates: April 5 – June 7 (10 classes)
Time: 1:00 to 2:00 pm
Location: Whyte Ridge C.C
Cost: \$45.00 /member
Instructor: Heather Schwartz 204-946-0839
Information: Must be a member of PAL. Come have fun and get your body moving

THURSDAY

ALWAYS WRITE

Dates: April 6 – June 8 (10 weeks)
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

ALZHEIMERS SUPPORT GROUP

Dates: April 13, May 11, Jun 8
Time: 10:00 am – 11:00 am
Location: Whyte Ridge C.C.
Cost: Free
Convener: Renee Vincent

SINGALONG

Dates: April 27, May 25
Time: 11:00 – 12:00pm
Location: Whyte Ridge C.C.
Cost: Free
Convener: Renee Vincent
Information: music appreciation - bring an instrument if you like. We will be singing, jamming and Karaoke

PAL BOOK CLUB

Dates: 2nd Thursday of the month: April 13, May 11, June 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: April 6, 27; May 4, 18; June 1, 15
Time: 1:00 – 3:00 pm
Location: Whyte Ridge C.C.
Cost: \$2.00 drop in fee
Convener: Pat Opalko 204-946-0839
Information: Must register and be a PAL (55+) member. **Must provide own painting supplies**

STILL BLOOMIN' GARDENING CLUB

Dates: **April 20***, May 25, June 29 ***different day to accommodate speaker***
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: April 14- June 16 (10 Classes) * No Classes April 7
Time: 9:15 – 10:15 am
Location: Online
Cost \$45.00 /member.
Instructor: Monique Bohemier 204-946-0839

PAL WALKING/HIKING GROUP

Dates: June 2 – August 25 (12 Weeks)
Time: 10:00 am (approximately 2 hrs duration)
Location: To be announced to registrants
Note: Must register and be a PAL (55+) member
Convener: Jerry Johnstone jerry.johnstone@icloud.com

PAL/FGMBC MIXED 55+ PICKLEBALL – SESSION 2

Dates: Weekly, Mar 31 – May 26 (8 weeks) *no games April 7
Time: 11:00 am to 1:00 pm
Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy
Cost: \$28
Note: participation is limited to the first 24 players to register
Convener: Jerry Johnstone jerry.johnstone@icloud.com

LUNCH PALs

Dates: 4th Friday of the month
Time: 11:30 am
Location: Various Restaurants – convener will contact, with locations
Cost: Individual pays
Convener: TBD
Information: Must register and be a PAL (55+) member

Annual General Meeting/Volunteer Appreciation

June 27, 2023

Picnic and Membership Drive

August 22, 2023

Look for details in the weekly eblast.