



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

F A L L P R O G R A M S 2 0 2 3

Registration fees return to 2019 levels.

We will make every effort to keep these fees reasonable moving forward

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

Take 5 Day Program

Dates: Every Monday, (excluding holidays) September 11 – June 19, 2024 (34 Mondays)
Time: 9:30 am - 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
Information: Must register (limited space)

VARIETY FORMAT FITNESS

Dates: Sept 11 – Dec 4 (9 classes) *No Class Oct 9th
Time: 9:30 am – 10:20 am
Location: Whyte Ridge C.C.
Cost: \$60 /member
Instructor: Suni Matthews 204-946-0839
Information: All levels welcome. **Please bring own mats and resistance bands.**

PACE FITNESS

Dates: Sept 11 – Dec 4 (12 classes) *No Class Oct 9th
Time: 10:30 am – 11:20 am
Location: Whyte Ridge C.C.
Cost: \$60 /member
Instructor: Suni Matthews 204-946-0839
Information: Exercise for people with Arthritis. All levels welcome.

PAL PRESENTS

Dates: Every Monday
Time: 1:00 pm
Location: Whyte Ridge C.C.
Note: Guest speakers- TBA Sept 11, Oct 2, Nov 6, Dec 4
Musical entertainment-TBA Sept 18, Oct 16, Nov 13, Dec 11
Cultural events-TBA Sept 25, Oct 23, Nov 20
Bingo fundraiser-Oct 30, Nov 27
Announcement every week in the eblast.
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 12 – Nov 28 (12 classes)
Time: 9:15 am – 10:05 am
Location: Online
Cost: \$60.00 / member
Instructor: Monique Bohemier 204-946-0839

ESL CONVERSATION CIRCLE

Dates: Sept 12 – Dec 5
Time: 9:30 am – 10:30 am
Location: Whyte Ridge C.C.
Cost: Free
Instructor: Susan Fletcher 431-277-7893

PAL/FGMBC MIXED 55+ PICKLEBALL – Beginner/Novice *NEW*

Dates: Weekly, September 12 – November 28
Time: 9:30 am - 11:00 am
Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy
Cost: \$40 for 12 weeks
Information: Program is for people who have never played the game and for Novice players who would like to improve their skills.
Note: Low enrollment may necessitate higher fee or cancellation.
Convener: Jerry Johnstone jerry.johnstone@icloud.com

PAL/FGMBC MIXED 55+ PICKLEBALL – Session 1 Intermediate Level 3.0 and above

Dates: Weekly, September 12 – November 28
Time: 11:00 am - 1:00 pm
Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy
Cost: \$45 for 12 weeks
Note: participation is limited to the first 24 players to register
Convener: Jerry Johnstone jerry.johnstone@icloud.com

VARIOUS PAL EVENTS

Dates: Sept 12 – Nov 28 Monthly
Time: 1:00 pm – 2:00 pm
Location: Whyte Ridge C.C.
Information: PAL Cares the *First* Tuesday, Alzheimer's Support Group the *Second* Tuesday, Technology Tuesday the *Third* Tuesday, Travel Tips the *Fourth* Tuesday.

MOVIE PALS (Dinner and a Movie)

Dates: 3rd Tuesday of the month starting Sept. 19.
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
Information: Must register.

WEDNESDAY

SENIORS YOGA – Intermediate

Dates: Sept 13 – Nov 29 (12 classes)
Time: 9:00 am - 9:50 am
Location: Whyte Ridge C.C.
Cost: \$96.00 /member
Instructor: Andrea Robin 204-946-0839
Information: **Please bring your own mats**

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

Dates: Sept 6 weekly till Dec 20, (break restart Jan 10th)

Time: 10:00 am – 12:00 pm

Location: Dakota Lanes

Cost: \$12.00, (paid to lanes)

Convener: Marla Olinyk 204-299-0450

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

RESTORATIVE YOGA THERAPY

Dates: Sept 13 – Nov 29 (12 classes)

Time: 10:00 pm – 10:50 pm

Location: Whyte Ridge C.C.

Cost \$96.00 /member.

Instructor: Tally Young 204-946-0839

Information: **Please bring own mats**

SENIORS FITNESS

Dates: Sept 13 – Nov 29 (12 classes)

Time: 11:00 am – 11:50 am

Location: Whyte Ridge C.C.

Cost: \$60.00 /member

Instructor: Eleanor Single 204-946-0839

Information: **Please bring own dyna bands**

PAL CAFÉ & SCRABBLE

Dates: Weekly Starting Sept 13

Time: 1:00 pm - 3:00 pm

Location: Whyte Ridge C.C.

Cost: Own costs

LINE DANCE

Dates: Sept 13 – Nov 29 (12 classes)

Time: 2:15 pm - 3:15 pm

Location: Whyte Ridge C.C.

Cost: \$60.00 /member

Instructor: Heather Schwartz

Information: Come have fun and get your body moving

THURSDAY

DROP-IN BRIDGE-Learn to Play

Dates: Sept 14 weekly

Time: 9:30 am– 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

ALWAYS WRITE

Dates: Sept 21 – Dec 7
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 14 “A Place for Everything – Anna Wilson”, Oct 12 “Mrs Everything – Jennifer Weiner”, Nov 9 “The Fire Love Languages: How to Express Heart Felt Commitment to Your Mate – Gary Chapman”, Dec 14 “The Great Alone – Kristin Hannah”
Time: 1:00 pm – 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: Sept 21, Oct 5, Oct 19, Nov 2, Nov 16, Nov 23, Dec 7
Time: 1:00 pm – 3:00 pm
Location: Whyte Ridge C.C.
Cost: \$2.00 drop in fee
Convener: Pat Opalko
Note: Price will increase when an instructor has been confirmed.
Information: Must register and be a PAL (55+) member. Must provide own painting supplies

STILL BLOOMIN' GARDENING CLUB

Dates: Sept 28, Oct 26, Nov 30
Time: 1:00 pm – 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 15 – Dec 1 (12 Classes)
Time: 9:15 am – 10:05 am
Location: Online
Cost \$60.00 /member.
Instructor: Monique Bohemier 204-946-0839

PAL/FGMBC MIXED 55+ PICKLEBALL – Session 2 Intermediate Level 3.0 and above

Dates: Weekly, September 15 – December 1
Time: 11:00 am - 1:00 pm
Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy
Cost: \$45 for 12 weeks
Note: participation is limited to the first 24 players to register
Convener: Jerry Johnstone jerry.johnstone@icloud.com

LUNCH PALs

Dates: Last Friday of the month
Time: 11:30 am
Location: Various Restaurants – convener will contact, with locations
Cost: Individual pays
Convener: Renee Vincent 204-946-0839
Information: Must register and be a PAL (55+) member

SAVE THE DATE

PAL (55+) Volunteer Orientation Tuesday Oct 17 1:00pm – 3:00pm

Fall Fundraising Gala Thursday Oct 19 7:00pm – 9:00pm
Tickets available in the office

Food Handlers Course Tuesday Nov 21 8:30am-3:00pm

Christmas/Holiday Party December 12 11:00am – 2:00pm

Seniors Grieve Too 6-week Grief Support Group – Date TBD

Register through the Office