



THE PAL PULSE

Winter Edition 2024

January, February, March

Pembina Active Living (55+)

“Enhancing the lives of older adults”

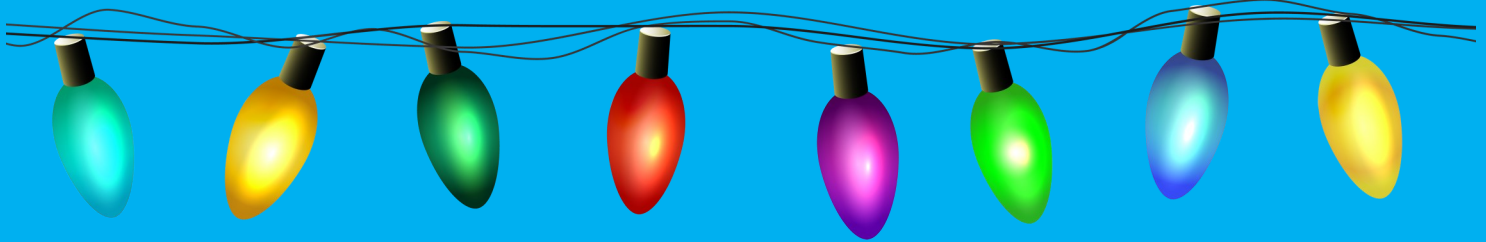


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Office hours are Mon-Thurs 9 am- 3:30 pm

Office hours during the holiday season

Dec 21st—Office is closed – staff are working from home

Dec 25th—Dec 29th—office is closed

Jan 2nd—We are back and ready for a New Year!

Valentine’s Party, Feb 14th —1:00 pm—3 :00 pm

Zing Into Spring, March 19th — 11:00 am—2:00 pm



Declaration:

“That Pembina Active Living (55+) operates on the original lands of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.”

Message from Tenille Wilson,

PALs Administrative Assistant

Our fall session was a huge success! We are so thankful for everyone who chose to participate in all our activities.

Our Fundraising Gala in October was so much fun. The Waverley staff did an amazing job. Please see page 3 for photos. Thank you Renee for all your hard work organizing everything. The prizes were amazing! I loved all of them.

Yearly Success

We are adding new pickleball classes and our P.A.C.E exercise class.

People with Arthritis Can Exercise (PACE). This program is designed for anyone with arthritis or related rheumatic or musculoskeletal conditions. Mondays 10:30 am—11:20 am.

Don't forget about our holiday party coming up on December 12th. Everyone is welcome to share food, and register for winter classes. Please let the office know if you are coming. We will be so excited to see everyone!



PAL Fundraising Gala Wine Pairing



The Chef Says hi



Yummy food



Great time to meet with friends



Entertainment for the night



Yay!! We have a winner!



Enjoying the evening

PAL (55+)“Always Write”
 Theme “Connections”
 November 2023

Connecting to Pembina Active Living 55+

“Enhancing the Lives of Older Adults in South Winnipeg”

Tony Zienkiewicz

Once I retired from work I sat around for a while wondering what is there to do? As I quietly searched around, a friend told me about his experience with an organization known as “PAL 55plus”. This organization catered to older adults and recent retirees.

PAL had several user friendly programs such as bowling, pickleball, scrabble as well as many other programs. It seems that I had several choices to choose from if I registered as a member.

I took out a family membership for my wife and myself and started by going to the “Garden Club” monthly presentations. I also participated in the weekly PAL Cafe where several members would meet and socialize over a cup of coffee and some delicious pastry. Eventually I was invited to the men’s breakfast which is held every Tuesday morning at a local restaurant.

Once I registered I signed up in the PAL Writing Program. The program was organized by Elaine Hansen who taught us the fine art of writing stories. This got me interested in writing stories around a weekly theme. At this point in time Linda Mozol has continued the tradition of writers and organized as well as managed the “Always Write” group.

The stories which are circulated by the members each week are a treasure to read and reply to. I would encourage anyone who has an interest in writing, whether it be stories or poetry, to come and join the group. This writing venue provides a focus on life as well as a way of keeping active and productive.



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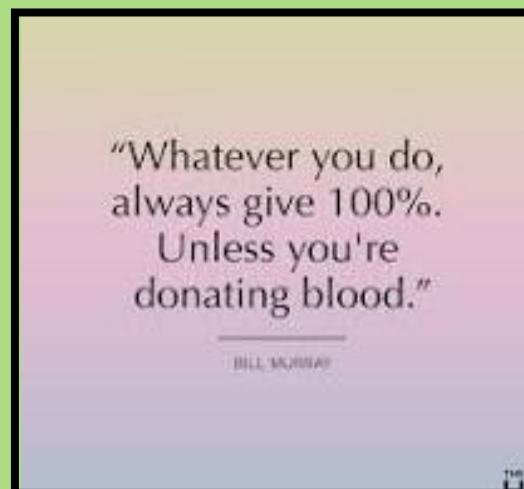
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Hours of Operation
Monday - Friday:
9:00 am - 6:00 pm
Saturday: 10:00 am - 2:00 pm
Sundays & Holidays: Closed

John Thompson
B.Sc. Pharm
Pharmacist
Owner





Information session on Tax Benefits, Credits, & Scams

Date: March 25, 2024

Time: 12:00PM – 1:00PM

Location: Whyteridge Community Centre – Pembina Active Living 55+
170 Fleetwood Rd, Winnipeg MB, R3Y 1R3

An Outreach Officer from the Canada Revenue Agency will share information on how benefits are calculated, how and when you should apply for benefits, how different tax credits can be claimed and will answer any questions you might have.

Canada Revenue Agency

Canada



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HOME CARE ASSISTANCE



Do you know who will take
care of **you** and **your spouse**
when one is unable to care for themselves?

Most of us become:

- **Apprehensive** when contemplating surgery, that your exit from the hospital will not have the support you need to feel safe and comfortable at home
- **Worried** that when you cannot take care of yourself, the funds and resources may not be available
- **Shocked** at the cost of care in your home for yourself or your loved one
- **Upset** when you had to make care choices for your loved one, that your choices were dictated by lack of funds and planning on their part as any Government care is limited at best

Discover a **MyDignity Home Care Assistance** plan,
Simply... **your care, your way.**

The **MyDignity** Home Care Assistance plan provides couples up to **\$200,000 tax free dollars for their future health care needs** so that one is never in a position to worry about how they will be cared for.

The plan lets you or your care manager **choose the personalized care you require in your own home** since home is where people want to be when the time comes.

Examples of assistance services include:

- | | |
|----------------------------|-------------------------|
| ■ Personal Support Workers | ■ Incontinence Supplies |
| ■ Nursing Services | ■ Respite |
| ■ Prepared Meals | ■ Transportation Costs |
| ■ Home Conversion Expenses | ■ and much more... |

The Plan qualifies as a PHSP so the premium can be applied towards the medical tax credit or as an expense when an individual is either self employed or employed through a corporation.

"Hoping for the best without proper planning is never an option because needing future care is one of the most disruptive and expensive times in life."



Fort Garry Seniors Resource Finder

Information and Referral Hub

Let us help you find the information you need and point you in the right direction - connecting you to community resources.

Patti Berube
Seniors Resource Coordinator

204-792-1913

Email:
fortgarry@aosupportservices.ca

Website:
www.aosupportservices.ca

Board Executive 2023-2024

President Fred Pennell
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204-946-0839

Program Coordinator
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204-946-0839

PAL (55+) Street Address:
170 Fleetwood Road,
Winnipeg, MB

Mailing Address:
PO Box 70054 RPO Kenaston,
Winnipeg, MB R3P 0X6

PAL (55+) office hours:
Jan 2nd –March 10th
Monday-Thursday
9:00 am-3:30 pm

Membership Rates:

Individual-\$30/year.
Family of two at same address-\$45/year
Life-time individual-\$250.
Life-time family at same address-\$400

Spring edition deadline for content and advertisements is approx. March 1st, 2024.
Please contact the editor at programs@pal55plus.ca

Advertisements welcome, various sizes.
Enquire about our reasonable rates.

PLEASE CONSIDER THESE DATES FOR YOUR WINTER CALENDAR

PAL CAFÉ & SCRABBLE

Come join us for a cup of coffee, a muffin, play scrabble or chat with friends.

PAL Café will be open every Wednesday.

WHEN: Wednesday Afternoons

TIME: 1:00pm-3:00pm

WHERE: 170 Fleetwood Rd. (Whyte Ridge Community Centre)

January 29, 2024

Doors open at 12:30 games start at 1:00pm

\$10 a card

LGCA 5030-BI-42524



February 14, 2024

1:00-3:00pm



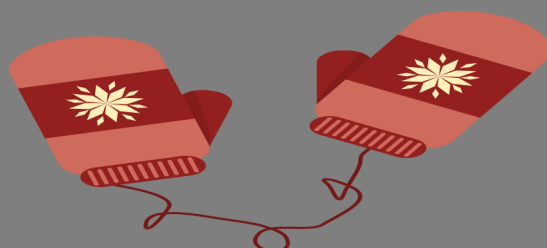
Zing Into Spring

March 19, 2024

11:00 am—2:00pm



For more information or to register
please contact us at (204)946-0839 or programs@pal55plus.ca



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PAL Presents



PAL Presents Testimonial by Lois Abraham

“I have attended many of the PAL Presents programs on Monday afternoons at 1:00 PM in Whyte Ridge Community Centre. I have had so much fun learning about different cultures. Our PAL Presents group had presentations by several people from different areas of Italy who talked about their food and customs. An example of the food and customs of Italian cultures is by demonstrating to our group on how to make pasta. There was also informative presentations about business organizations in supporting seniors, and a PAL writing group who read some of their work to our group. PAL Presents is also fortunate enough to have many musical entertainers who played music we all know and love. Everyone in the PAL Presets group seemed to enjoy signing along to the music. I look forward to many more wonderful Monday afternoons with PAL Presents.”

Every Monday (except Holidays)
1:00-2:30pm
Open to everyone in the community
We have presentations, music, cultural presentations and Bingo.



Testimonial by Practicum Student, Kara

“I am the practicum student who has volunteered at PAL for the last 4 weeks, to get hands on experience in working in the recreation field with a focus on seniors.

I have had the pleasure of meeting so many positive and friendly faces among the PAL members, volunteers, instructors, staff, and partners who come to do presentations for PAL Presents. In my 4 weeks of experience, I have found it easy to walk into PAL knowing that everyone is friendly and welcoming. I have had a wonderful experience meeting a bunch of new people with many different views and perspectives. I had fun learning about all resources and behind the scenes work, that can be done to provide seniors with important exercises, hobbies, and friendships.

In my 4 weeks I was involved in set up and take down of activities, along with the preparation of some activities. I participated in/observed in some classes and presentations, including programming of the Take 5 Day program. I participated in yoga, PAL Painting, Line Dancing, Seniors’ Fitness, Pal Café, Scrabble, Bridge, ESL, and Book Club. Some presentations I watched are Right at Home Care Canada, cultural events from the Chinese Senior Association and the Italian Seniors. I also attended the Food Handlers Seminar and helped sort clothes at Siloam mission for community work with PAL Cares.

I had the opportunity to get to know many members and the staff. I was pleasantly surprised at how many wonderful activities and resources Pembina Active Living (55+) has to offer seniors and it is a beautiful community center.

Once again thank you to everyone involved at PAL for making the past 4 weeks here a wonderful learning experience.”

TERRY DUGUID

**Member of Parliament
Winnipeg South**



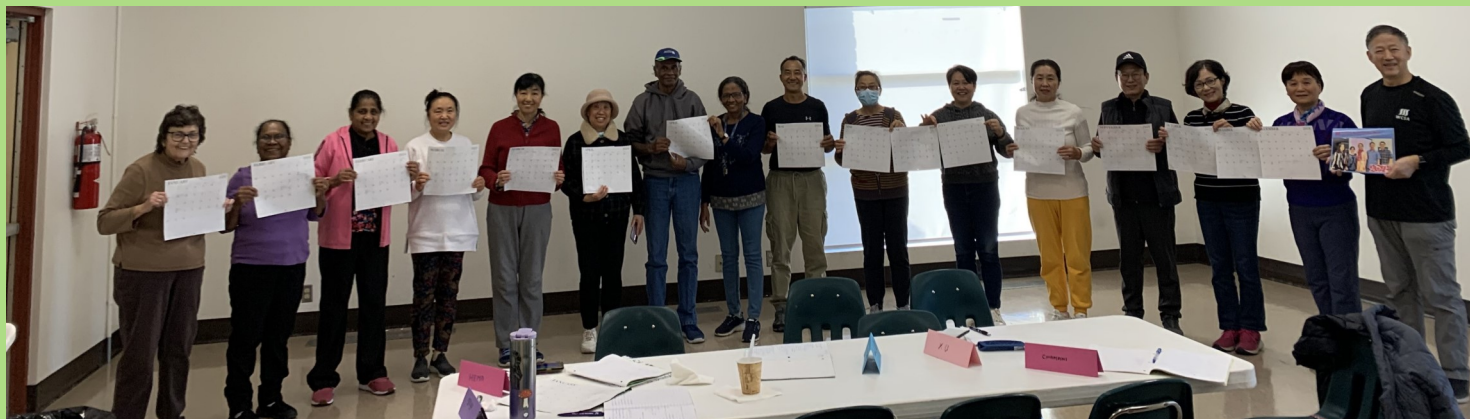
*Proudly serving seniors and the
Winnipeg South community*



204.984.6787 terry.duguid@parl.gc.ca 80-2855 Pembina Hwy

Did you know:

- Most people fall asleep in 7 minutes
- Teeth are the only part of the body that cannot heal itself
- Only 4 words end in “dous” (tremendous, horrendous, stupendous, and hazardous)
- Paper from trees can be recycled 6 times



ESL Class learning about calendar months



PAL Painters learning to paint waterfalls



PAL Cares sorting clothes at Siloam Mission



PAL Testimonial for PALS Alzheimer's Support Group by - Linda Mozol

“ I started this support group this year because I found myself in a unique situation of dealing with my father who has Alzheimer's. My father is living in a hospital in Penticton BC. Being in the Alzheimer's support group has given me a chance to speak about my problem in a safe and caring manner with other people who are also experiencing and dealing with someone with Alzheimer's in their life.

The other people in the Alzheimer's support group may be experiencing it on a daily basis and they may be trying to come to terms with how to be there for their loved ones but also have the ability to take care of themselves. Assisting a loved one with Alzheimer's and ensuring self care can be a very challenging situation. As a support group we can safely express what we are going through and how we are handling the situation. Within the support group someone else may be able to provide helpful coping suggestions. I encourage anyone who is going through caring for someone with Alzheimer's to reach out for support from other caring people in the group who can understand what your going through.”

Recommendation for Marla Olinyk

I thoroughly enjoy being in Marla's Technology classes. She has a vast knowledge of all types of technology and she loves to teach and share everything that she knows regarding cell phones, desktop and laptop computers, tablets, etc. I have learned a lot from her. Her style in communicating is often with humour and friendliness. She will teach as a group, and also, as individual needs. She is very patient and kind. I highly recommend learning from Marla.

Thanks, Linda Mozol

Tech Tuesday with Marla Olinyk is a fun time.

Marla is an entertaining, informed and kind teacher.

She easily interacts with folks who attend Tech Tuesday, taking the time to make sure that everyone understands the content.

Do yourself a favour and get tech-savvy with Marla.

Thanks, Wendy Buckle

In 2010, Marla Olinyk, a Library and Information Technologist started volunteering with Pembina Active Living (55+), providing a drop-in service to assist “*older adults*” with emerging technology. She continues to provide monthly workshops and presentations at the Whyte Ridge Community Centre.

Older adults should expect to have fun and discover that technology does not have to be as scary as they think and instead find that it allows them more freedom to travel the world, make new connections, or discover new interests. *"I want people to leave the workshops feeling less afraid of technology and excited about the opportunities technology offers."*



JOHN ORLIKOW
CITY COUNCILLOR | 55th HIGHWAY PORT GARFIELD

204.986.5236
orlikow.ca

“Working for You”



Take 5 Testimonial by Bob Newman

Adult Day Programs (ADPs) provide social, recreational and therapeutic activities for seniors and individuals with a disability, in a safe and supervised environment.

Take 5 for me is something I can do every Monday for 3+ hours away from home. Every Monday I see the other people in this program. This program is very structured and timed. We start off around the tables, waiting for late-comers to attend. While we are waiting, we chat about ourselves, about our families, vacations, and our current events. Then we have an exercising program for about half an hour. After this program we play a game. We chose from PALs selection of games. After that we will do current events from a senior newspaper. Then we eat a hot lunch! Our current lunch provider is Heart to Home.

The program is officially over (at 1:00), but PAL has a following program called PAL Presents, which all Take 5 people can attend if they wish and is open to all others who are interested in the subject of the day. This consists of a presentation of interest to or related to seniors.

I like the Take 5 program because it gets me out the house, out of my wife's hair (so she doesn't have to worry about me). It gives her valuable respite time as I know I am a lot of work. Take 5 introduces me to many new members of PAL and they increase my interest of the world as many come from or travel to somewhere I have not.

Our Adult Day Programs give your loved one the chance to connect with peers while taking part in a wide range of enjoyable activities led by staff specially trained in therapeutic recreation.



Lisa Sinnicks
Managing Director






340 Clare Avenue
Winnipeg MB R3L 1S3
Phone 204 415 4444
lisa@seniorsmovingco.com
www.seniorsmovingco.com



Pembina Active Living (55+) January Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
PAL Closed 1 	2 10:00 Pickleball mixed Beginners Learn to play Pickleball (Offsite)	3 	4 Let's be PALS!	5 10:00- Pickleball mixed levels 3.5 and beyond (Offsite)
8 9:30 - Take 5 Program 9:30 - Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Guest Speaker: Karyn Heidrick From the Manitoba 55+ Games	9 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 10:15 - ESL Conversation Circle 11:00 - Pickleball session 1 Intermediate Level 3.0 + (Offsite) 1:00 - PAL Cares: Siloam Mission (Offsite)	10 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 11:00 - Seniors Fitness 1:00 - PAL Café & Scrabble	11 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - PAL Book Club	12 9:15 - Older Adult Weight Training (Online) 11:00 - Pickleball Mixed Session 2 intermediate Level 3.0 and above (Offsite)
15 9:30 - Take 5 Program 9:30 - Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Musical Entertainment	16 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 9:30 - ESL Conversation Circle (MPR) 11:00 - Pickleball session 1 intermediate Level 3.0 + (Offsite) 2:00 - Alzheimer's Support Group 4:00 - Movie & Dinner PALS (Offsite)	17 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 1:00 - PAL Café & Scrabble	18 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - Art with Arlene	19 9:15 - Older Adult Weight Training (Online) 11:00 - Pickle ball Session 2 intermediate Level 3.0 + (Offsite)
22 9:30 - Take 5 Program 9:30 - Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Sri-Lanken Cultural Presentation	23 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 9:30 - ESL Conversation Circle 11:00 - Pickleball session 1 intermediate Level 3.0 + (Offsite) 1:00 - Technology Tuesday with Marla	24 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 1:00 - PAL Café & Scrabble	25 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - Still Bloomin Gardening	26 9:15 - Older Adult Weight Training (Online) 11:00 - Pickleball Mixed Session 2 intermediate Level 3.0 + (Offsite) 11:30 - Lunch PALS (Offsite)
29 9:30 - Take 5 Program 1:00 - PAL Presents Bingo Fundraiser	30 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 9:30 - ESL Conversation Circle 11:00 - Pickleball session 1 intermediate Level 3.0 + (Offsite) 1:00 - Travel Tips: Digital Books w/ Claire & Sandra	31 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 11:00 - Seniors Fitness 1:00 - PAL Café & Scrabble	Please see the program schedule for details of programs and classes.	Call: (204)946-0839 or email: programs@pal55plus.ca to register now!

Pembina Active Living (55+) February Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Please see the program schedule for details of programs and classes.	Call: (204)946-0839 or email: programs@pal55plus.ca to register now!	1 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - Art with Arlene	2 9:15 - Older Adult Weight Training (Online) 11:00 - Pickleball Mixed (Offsite)
5 9:30 - Take 5 Program 1:00 - PAL Presents Guest Speaker: Kimberly Barton "Managing Stress"	6 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 10:15 - ESL Conversation Circle 11:00 - Pickleball session 1 Intermediate Level 3.0 + (Offsite) 1:00 - PAL Cares: South East PCH (Offsite)	7 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 11:00 - Seniors Fitness 1:00 - PAL Café & Scrabble	8 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - PAL Book Club	9 9:15 - Older Adult Weight Training (Online) 11:00 - Pickle ball Mixed (Offsite)
12 9:30 - Take 5 Program 9:30 - Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Musical Entertainment	13 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 10:15 - ESL Conversation Circle 11:00 - Pickleball session 1 Intermediate Level 3.0 + (Offsite) 2:00 - Alzheimer's Support Group	14 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 11:00 - Seniors Fitness 1-3pm Valentine's Day Party	15 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - Art with Arlene	16 9:15 - Older Adult Weight Training (Online) 11:00 - Pickleball Mixed (Offsite)
19 Family Day PAL Closed 	20 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 10:15 - ESL Conversation Circle 11:00 - Pickleball session 1 Intermediate Level 3.0 + (Offsite) 1:00 - Technology Tuesdays with Marla 4:00 - Dinner & Movie PALS	21 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 11:00 - Seniors Fitness 1:00 - PAL Café & Scrabble	22 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - PAL Painters Drop In	23 9:15 - Older Adult Weight Training (Online) 11:00 - Pickleball Mixed (Offsite) 11:30 - Lunch PALS (Offsite)
26 9:30 - Take 5 Program 9:30 - Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Indigenous Cultural Presentation	27 9:00 - Men's Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 - Older Adult Weight Training (Online) 9:30 - Recreational Level Pickleball Mixed (Offsite) 10:15 - ESL Conversation Circle 11:00 - Pickleball session 1 Intermediate Level 3.0 + (Offsite) 1:00 - Travel Tips: TBA	28 9:00 - Restorative Yoga 10:00- Intermediate Yoga 10:00 - PIN PALS (Offsite) 11:00 - Seniors Fitness 1:00 - PAL Café & Scrabble	29 9:30 - Always Write (Online) 9:30 - Drop-In Bridge 1:00 - Still Bloomin Garden Club	Let's be PALS! 

Pembina Active Living (55+) March Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Please see the program schedule for details of programs and classes.</p>	<p>Call: (204)946-0839 or email: programs@pal55plus.ca to register now!</p>	<p>Let's be PALS!</p> 	<p>1</p> <p>9:15 – Older Adult Weight Training (online) 11:00 - Pickleball Mixed Session 2 intermediate Level 3.0 +(Offsite)</p>
<p>4</p> <p>9:30 - Take 5 Program 9:30 – Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Guest Speaker: Greg Agnew Historical Winnipeg Presentation “The Beginning of the City”</p>	<p>5</p> <p>9:00 - Men’s Casual Breakfast (Offsite) 9:00 - Line Dancing 9:15 – Older Adult Weight Training (Online) 9:30 – Recreational Level Pickleball Mixed (Offsite) 9:30 – ESL Conversation Circle (MPR) 11:00 – Pickleball session 1 Intermediate Level 3.0 + (Offsite) 1:00 – Pal Cares</p>	<p>6</p> <p>9:00 – Restorative Yoga 10:00- Intermediate Yoga 10:00 – PIN PALs (Off site) 11:00 – Seniors Fitness 1:00 – PAL Café & Scrabble</p>	<p>7</p> <p>9:30 – Always Write (Online) 9:30 – Drop-In Bridge 1:00 – Art with Arlene</p>	<p>8</p> <p>9:15 – Older Adult Weight Training (online) 11:00 - Pickleball Mixed Session 2 intermediate Level 3.0 + (Offsite)</p>
<p>11</p> <p>9:30 - Take 5 Program 9:30 – Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Cultural Presentation Ireland with Fred Pennell</p>	<p>12</p> <p>9:00 - Men’s Casual Breakfast (Offsite) 9:15 – Older Adult Weight Training (Online) 9:30 – Recreational Level Pickleball Mixed (Offsite) 9:30 – ESL Conversation Circle (MPR) 11:00 – Pickleball session 1 Intermediate Level 3.0 + (Offsite) 2:00 – Alzheimer’s Support Group</p>	<p>13</p> <p>9:00 – Restorative Yoga 10:00- Intermediate Yoga 10:00 – PIN PALs (Off site) 11:00 – Seniors Fitness 1:00 – PAL Café & Scrabble</p>	<p>14</p> <p>9:30 – Always Write (Online) 9:30 – Drop-In Bridge 1:00 – PAL Book club</p>	<p>15</p> <p>9:15 – Older Adult Weight Training (Online) 11:00 - Pickleball Mixed Session 2 intermediate Level 3.0 + (Offsite)</p>
<p>18</p> <p>9:30 - Take 5 Program 9:30 – Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents St. Patrick’s Bash with Musical Entertainment from Harmony</p>	<p>19</p> <p>9:30 – Recreational Level Pickleball Mixed (Offsite) 11:00 – Pickleball session 1 Pickleball session 1 Intermediate Level 3.0 +(Offsite)</p> <p style="text-align: center;">11am-2pm Zing into Spring</p> <p>4:00 – Dinner & Movie PALS</p>	<p>20</p> <p>10:00 – PIN PALs (Off site) 11:00 – Seniors Fitness 1:00 – PAL Café & Scrabble</p>	<p>21</p> <p>9:30 – Drop-In Bridge 1:00 – Art with Arlene</p>	<p>22</p> <p>11:00 - Pickleball Mixed Session 2 intermediate Level 3.0 + (Offsite)</p>
<p>25</p> <p>9:30 - Take 5 Program 9:30 – Variety Fitness 10:30 - PACE Fitness 1:00 - PAL Presents Guest Speaker: Sean Matyas from CRA – Info Session</p>	<p>26</p> <p>9:30 – Recreational Level Pickleball Mixed (Offsite) 11:00 – Pickleball session 1 Intermediate Level 3.0 + (Offsite) 1:00- Travel Tips with Sandra Sukhan</p>	<p>27</p> <p>10:00 – PIN PALs (Off site) 11:00 – Seniors Fitness 1:00 – PAL Café & Scrabble</p>	<p>28</p> <p>9:30 – Drop-In Bridge 1:00 – Still Blooming Gardening club</p>	<p>29</p> <p>11:30 Lunch PALS (Offsite)</p> <p style="text-align: center;">GOOD FRIDAY</p>



HAPPY Holidays



Feel safe at home this holiday season with a Personal Alert Button from Victoria Lifeline.

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Your MLA for Waverley

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Air Fryer Burger and Fries

Yields 2 Servings Prep time 20 minutes cook time 27minutes total 47 minutes

Ingredients:

Beef Burgers:

1/2 lb (250 g) Lean ground beef
 1 1/2 tsp. (7 ml) Worcestershire Sauce
 1/4 tsp. (1 ml) garlic powder
 1/8 tsp. (0.5 ml) Salt
 2 hamburger buns split
 Condiments as desired



Fries:

1/2 lb (250 g) russet or yellow—fleshed potatoes (1 to 2)
 Cold water
 Pinch salt

Instructions:

- 1) **Beef Burgers:** combine 1/2 lb (250 g) Lean ground beef, 1 1/2 tsp. (7 ml) Worcestershire Sauce , 1/4 tsp. (1 ml) garlic powder and 1/8 tsp. (0.5 ml) Salt in a bowl; gently mix with a fork till combined (please do not overmix).
- 2) **Form beef mixture into 2 equal patties about 3/4 inch (2 cm) thick. Place on a plate and cover with plastic/ saran wrap. Set in fridge**
- 3) **Fries :** cut potatoes lengthwise into 1/4 inch (0.5 cm) thick fries. Submerge in a bowl with cold water for 10 minutes.
- 4) **Beef patties:** take out of fridge and place in air fryer basket, set temperature to 400 F (200 C) and time for 12 minutes. Check burger cooked thoroughly when thermometer reads 160 F (71 C).
- 5) **Meanwhile drain potatoes and dry thoroughly with lint free towel. Toss potatoes with oil and salt. Set aside**
- 6) **Burgers:** remove from fryer to plate, cover in tin foil
- 7) **Fries:** Arrange fries in air fryer basket, no more than 2 layers at time. Set temperature to 400 F (200 C) and set for 15 minutes. Cook fries, shake basket half way through the cooking time. Fries should be crisp/tender.
- 8) **Serve burgers on buns and garnish with condiments with fries on the side.**
- 9) **ENJOY!**