



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

SPRING PROGRAMS 2024

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

Physical address: 170 Fleetwood Road (Whyte Ridge C.C.)

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
- Cheques payable to PAL (55+).
- NO POST-DATED CHEQUES WILL BE ACCEPTED.
- Program fees include GST.
- **Payment confirms your registration.**

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

PLEASE NOTE

1. **ALL** programs are held at Whyte Ridge C.C., unless otherwise stated.
2. For **ALL** programs, you **must** register and be a PAL (55+) member, unless otherwise stated.
3. Registration starts on March 19th. It is first come first served. **NO** registrations will be accepted before **March 19th**. Please do not phone inquiring about your class – you will be contacted if you did **not** get in.
4. You **MUST** fill out a program registration form for all programs you want to participate in – no exceptions will be made moving forward. (All programs on one sheet.)
5. Forms can be found on our website (programs – registration), or forms are available at the office.
6. Pickleball, walking and cycling groups need to fill out a **waiver** form. They will be sent to you before class starts.

MONDAY

PAL PUTTERS – 9 Hole Golf

Dates: Mondays, May - Sept

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

Note: If weather permits will start in April. Notice will be sent out.

Must Register and be a Member of PAL (55+)

Take 5 Day Program

Dates: Mondays, (excluding holidays) Sept 11 – Jun 17, 2024 (34 classes)

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

Location: Whyte Ridge C.C.

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

Information: Day program for isolated seniors.

Facilitator: Program Coordinator Renee Vincent 204-946-0839

VARIETY FORMAT FITNESS

Dates: Mondays Apr 15 – Jun 24 (10 classes) *No Class May 20 (later start date due to instructor availability)

Time: 9:30 am – 10:20 am

Location: Whyte Ridge C.C.

Cost: \$50 /member

Instructor: Julie Germaine 204-946-0839

Information: All levels welcome. Full body workout designed to hit every muscle group, using variety of portable equipment such as Dynabands, hand weights & body weight exercises. Modifications & alternate exercises will be provided if participants cannot do floor work.

Please bring your own mats and resistance bands.

PAL PRESENTS

Dates: Mondays (excluding holidays)

Time: 1:00 pm

Location: Whyte Ridge C.C.

- Guest speakers- TBA Apr 22, May 6, Jun 10
- Musical entertainment-TBA Apr 8, May 13, Jun 17
- Cultural events-TBA Apr 15, May 27
- Bingo fundraiser-Apr 29, Jun 24

Announcement every week in the eblast.

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

Open to everyone in the community. You do not need to be a member to participate.

TUESDAY

MEN'S CASUAL BREAKFAST

Dates: Tuesdays (excluding holidays)

Time: 9:00 am

Location: Smitty's 2835 Pembina Highway

Cost: Individual pays

Convener: Dale Shantz 204-261-4474

Must Register and be a Member of PAL (55+)

OLDER ADULT WEIGHT TRAINING

Dates: Tuesdays, Apr 2 – Jun 11 (10 classes) * No class April 9

Time: 9:15 am – 10:15 am

Location: Online

Cost: \$50.00 / member

Instructor: Monique Bohemier 204-946-0839

Information: Class is designed with a variety of exercises (standing and sitting) starting with a warm-up, followed with resistance training using resistance bands and weights, balance exercises and finishing with stretching.

ESL CONVERSATION CIRCLE

Dates: Tuesdays, Mar 26 – Jun 11

Time: 10:15 am – 11:15 am

Location: Whyte Ridge C.C.

Cost: Free

Information: Newcomers can practice speaking English with senior volunteers

Note: You do not need to be a member to participate.

Convener: Program Coordinator Renee Vincent 204-946-0839

PAL/FGMBC MIXED 55+ PICKLEBALL – Session 1 - Recreational Level

Dates: Tuesdays, Apr 9 – May 28

Time: 9:30 am - 11:00 am

Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy

Cost: \$30 for 8 weeks

Information: Program is for Novice to Lower Intermediate players.

Note: Participation limited to first 22 players to register (Minimum 16). Due to growing demand, players beyond the cut-off will be placed on a waitlist and will be invited to play when there are openings. Drop-in fees will then apply. All participants must sign a waiver form.

Convener: Jerry Johnstone jerry.johnstone@icloud.com

Must Register through the PAL Office

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

Dates: Tuesdays, Apr 9 – May 28

Time: 11:00 am - 12:30 pm

Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy

Cost: \$30 for 8 weeks

Note: Participation limited to first 22 players to register (Minimum 16). Due to growing demand, players beyond the cut-off will be placed on a waitlist and will be invited to play when there are openings. Drop-in fees will then apply. All participants must sign a waiver form.

Convener: Jerry Johnstone jerry.johnstone@icloud.com

Must Register through the PAL Office.

MONTHLY TUESDAY PAL EVENTS

Dates: Tuesdays, Apr 2 – Jun 25

Location: Whyte Ridge C.C.

- First Tuesday PAL Cares 1:00 -2:00pm, Free to PAL (55+) members.
- Second Tuesday Alzheimer's Support Group 2:00-3:00pm, (You do not need to be a member to participate)
- Third Tuesday Travel Talks 1:00-2:00pm drop-in fee \$2.00

MOVIE PALs (Dinner and a Movie)

Dates: 3rd Tuesday of the month

Time: afternoon movie and dinner at a restaurant close by.

Location: Grant Park Landmark/Silver City St. Vital – Restaurant locations to follow

Cost: Individual pays

WEDNESDAY

RESTORATIVE YOGA THERAPY

Dates: Wednesdays, Apr 3 – Jun 5 (10 classes)

Time: 9:00 am - 9:50 am

Location: Whyte Ridge C.C.

Cost: \$80.00 /member or take both yoga classes and save \$10= \$150

Instructor: Tally Young 204-946-0839

Information: Benefits include greater flexibility and peace of mind. This class is appropriate for participants with limited mobility. However, must be able to get down and up from the floor without assistance.

Please bring your own mats

INTERMEDIATE YOGA

Dates: Wednesdays, Apr 3 – Jun 5 (10 classes)

Time: 10:00 am – 10:50 am

Location: Whyte Ridge C.C.

Cost \$80.00 /member or take both yoga classes and save \$10= \$150

Instructor: Tally Young 204-946-0839

Please bring your own mats

PAL PEDALLERS – Spring & Summer Cycling

Dates: Wednesdays, May 22 – Sept 25 (19 weeks)

Time: 10:00 am (average 2 hrs duration)

Location: TBA weekly to registrants

Cost: Free to PAL (55+) members

Note: All participants must sign a waiver form. Helmets are mandatory.

Convener: Jerry Johnstone jerry.johnstone@icloud.com

Must Register and be a Member of PAL (55+)

SENIORS FITNESS

Dates: Wednesdays, Apr 3 – Jun 5 (10 classes)

Time: 11:00 am – 12:00 am

Location: Whyte Ridge C.C.

Cost: \$50.00 /member

Instructor: Eleanor Single 204-946-0839

Information: 5-10 mins warm up, 20-25 mins aerobic, 20 mins strength & balance with dynabands and weights, and 10 min of stretching.

Please bring own dyna bands

PAL CAFÉ & SCRABBLE

Dates: Wednesdays (excluding holidays)

Time: 1:00 pm - 3:00 pm

Location: Whyte Ridge C.C.

Cost: Own costs

Information: come enjoy conversation, snack, coffee, scrabble, and other games.

Scrabble enjoy a non-competitive friendly game.

THURSDAY

DROP-IN BRIDGE-Learn to Play

Dates: Thursdays, Apr 4 – June 20

Time: 9:30 am– 11:30 am

Location: Whyte Ridge C.C.

Cost: \$2.00 drop-in fee

Convener: Ron Wood

Information: Come learn to play.

Must Register and be a Member of PAL (55+)

ALWAYS WRITE

Dates: Thursdays, Apr 4 –Jun 6

Time: 9:30 am – 12:00 pm

Location: Online

Cost: Free to PAL (55+) members

Instructor: Linda Mozol 204-946-0839

Information: writing short stories with prompts from other members.

Must Register and be a Member of PAL (55+)

PAL BOOK CLUB

Dates: 2nd Thursday of the month:

- Apr 11 “The Strangers” by Katherena Vermette,
- May 9 “Lady Tan’s Circle of Women” by Lisa See,
- Jun 13 “The Court Dancer” by Kyung-Sook Shin.

Time: 1:00 pm – 3:00 pm

Location: Whyte Ridge C.C.

Cost \$2.00 drop-in fee.

Convener: Bea Schantz

Must Register and be a Member of PAL (55+)

ART WITH ARLENE

Dates: Thursdays, Apr 18, May 2, 16, 23, Jun 6

Time: 1:00 pm – 3:00 pm

Location: Whyte Ridge C.C.

Cost: \$80.00/ member

Convener: Pat Opalko

Information: Instruction on various styles of art medium. Must provide own painting supplies.

STILL BLOOMIN’ GARDENING CLUB

Dates: Last Thursday of the month, Apr 25, May 30, June 20

Time: 1:00 pm – 3:00 pm

Location: Whyte Ridge C.C.

Cost: \$2.00 drop-in fee

Contact: Program Coordinator Renee Vincent 204-946-0839

Information: Presentations on a various topics focused on gardening.

FRIDAY

OLDER ADULT WEIGHT TRAINING

Dates: Fridays, Apr 5 – Jun 14 (10 Classes) * No class April 12

Time: 9:15 am – 10:15 am

Location: Online

Cost \$50.00 /member.

Instructor: Monique Bohemier 204-946-0839

Information: Class is designed with a variety of exercises (standing and sitting) starting with a warm-up, followed with resistance training using resistance bands and weights, balance exercises and finishing with stretching

PAL WALKING/HIKING GROUP

Dates: Fridays, Jun 14 – August 30 (12 weeks)

Time: 10:00am (average 2 hrs duration)

Location: TBA weekly to registrants

Cost: Free to PAL (55+) members

Note: All participants must sign a waiver form

Convener: Jerry Johnstone jerry.johnstone@icloud.com

Must Register and be a Member of PAL (55+)

PAL/FGMBC MIXED 55+ PICKLEBALL – Session 3 - Intermediate Level 3.0+

Dates: Fridays, Apr 12 – May 31

Time: 10:30 am - 12:00 pm

Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy

Cost: \$30 for 8 weeks

Note: Participation is limited to the first 22 players to register (minimum 16). Due to growing demand, players beyond the cut-off will be placed on a waitlist and will be invited to play when there are openings. Drop-in fees will then apply. All participants must sign a waiver form.

Convener: Jerry Johnstone jerry.johnstone@icloud.com

Must Register through the PAL Office.

NEW PAL/FGMBC MIXED 55+ PICKLEBALL – Session 4 – Intermediate Level 3.0+

Dates: Fridays, Weekly, April 12 – May 31

Time: 12:00 am – 1:30 pm

Location: Fort Garry Mennonite Brethren Church – 1771 Pembina Hwy

Cost: \$30 for 8 weeks

Note: Participation is limited to the first 22 players to register (Minimum 16). Due to growing demand, players beyond the cut-off will be placed on a waitlist and will be invited to play when there are opening. Drop-in fees will then apply. All participants must sign a waiver form.

Convener: Jerry Johnstone jerry.johnstone@icloud.com

Must Register through the PAL Office.

LUNCH PALs

Dates: Last Friday of the month Apr 26, May 31, Jun 28

Time: 11:30 am

Location: Various Restaurants – convener will contact, with locations

Cost: Individual pays

Convener: Program Coordinator Renee Vincent 204-946-0839

Must Register and be a Member of PAL (55+)

SAVE THE DATE

Zing Into Spring March 19 11:00 am – 2:00 pm

AGM Date June 27

Volunteer Appreciation June 27

Picnic and Membership Drive August 20