



# Pembina Active Living (55+)

*“Enhancing the lives of older Adults of South Winnipeg.”*

**ENJOY A WELL- BALANCED LIFE!**

## **Exercises/Games/Sports: Be healthy!**



Fitness Classes, Yoga, Pickleball,  
Golf, Pole Walking,  
Bridge, Scrabble, Bowling (PINPALs).

## **Community Outreach: Help others!**



PAL Cares (volunteering in the community),  
Alzheimer & Seniors Grief Support Groups,  
Take 5 Day Club, Ring & Ride,  
Newcomer Conversation Class.

## **Socializing: Make new friends!**



PAL Café,  
Movie PALs,  
Lunch PALs.

## **Creativity: Express yourself!**



Still Bloomin Garden Club, PAL Painters,  
Always Write, Book Club.

## **Education & Information: Learn something new!**



PAL Presents Monday afternoons:  
(Speakers, Music, Cultural Awareness, Bingo)  
Tech Tuesday, Travel Tips.

## **Special Events & Trips: Brings us together!**



Valentines, St. Patrick's Day Party, Zing into Spring,  
Volunteer Appreciation, Summer Trips, Annual Picnic,  
Fall BBQ, Fundraising Gala, Holiday Tea.

**LET'S BE PALS! Call 204-946-0839 for more information.**

*Special thanks to:*

