



Pembina Active Living (55+)

Summer Edition 2024

June, July, August



Enhancing the lives of older adults in South Winnipeg
Celebrating 15 years of community service.



Table Of Contents

Message From Staff	2
Picnic	3
Pancake Fundraiser	4
Fundraising Campaign	5
New Program	6
Sponsors	7
Community Resources	8
Paint Night Fundraiser	9
Tick Season	10
Senior Discounts	11
Upcoming Events	12
Trolley Tours	13
Safety Tips	14-15
Volunteer Recognition	16
Contact Information	17
Calendars	18
Recipe	19
Summer	20

FALL SESSION REGISTRATION BEGINS

at

**Picnic & Membership
Drive**
August 20, 2024
3514 Pembina Hwy



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.”

Happy Summer Everyone!



It's hard to believe that we are celebrating the 15th Anniversary of Pembina Active Living (55+)! Our wonderful staff has made a beautiful flower fundraiser poster which will help us track our goal of \$15,000 this year. Look for details in this edition of PAL Pulse. We are happy to announce and to express our thanks to The Winnipeg Foundation for approving our 15th Anniversary Celebration grant! PAL (55+) will be able to celebrate this milestone with our members in style throughout the year! We have wonderful Summer programs as well, including 2 new additions: Fishing and Modified Tennis! As you know, PAL (55+) will no longer be at Whyte Ridge Community Centre this Fall, however our Fall programs will start as usual in September. We have already begun looking for a new home. Whether it's a temporary space, or a permanent place to call home, we are looking forward to what the future holds, and will keep you posted as Fall draws near. Enjoy your summer dear members!

Sincerely,

Susan Fletcher

Executive Director



The Medicine Shoppe
PHARMACY

Your trusted partner in health.

At The Medicine Shoppe Pharmacy, we believe that smaller is better when it comes to exceptional service. We take pride in knowing your name when you walk through our door. We offer compassionate and personalized attention to each and every patient, to ensure you get optimal care.

Your health. Our priority.

**101 - 2800 Pembina Highway
P: (204) 275-3333**

**Unit D - 1510 St. Mary's Road
(204) 421-9200**

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





Pembina Active Living (55+)

Celebrating 15 Years of PAL (55+)



PICNIC & MEMBERSHIP DRIVE

We offer a variety of social, creative, exercise, sports,
educational & inclusive programs

Sign up for membership and classes

Tuesday, August 20th 2024, 11:00am –2:00pm

St. Norbert Farmers' Market (3514 Pembina Hwy.)

Join us in celebrating this milestone at our Picnic with

Entertainment

PAL Programs

Exhibitors

Food (Cash Only)

& Raffle Prizes

Thank you to our sponsors:

**The
Waverley &
Rosewood**
RETIREMENT LIVING

Senior Scope
How to FIND and CALL Senior Services

Pancake Breakfast Fundraiser!

Thank you to Smitty's Restaurant and Lounge on Pembina for hosting this event. We couldn't do it without donors like you—thank you for your generous contribution—and some delicious pancakes. The funds from this fundraiser will go towards our fundraising goal of \$15,000 for 15 years, which will help with the operational costs of running PAL (55+).



The Waverley—Retirement Living

Situated on seven acres of gorgeous greenery, our warm and comfortable retirement home has a host of amenities and services to choose from.

We have an exceptional reputation as an easygoing and down to earth community.

Come in and discover what retirement living at The Waverley is all about.



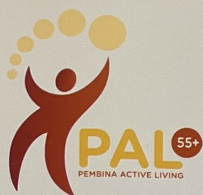
The Rosewood—Supportive Housing

Rosewood offers a secure living environment that enhances the lives of people who need support with memory care. We are the only supportive housing that offers seniors direct access to a beautiful secure courtyard and walking paths

The
Waverley &
Rosewood
RETIREMENT LIVING

857 Wilkes Ave, Winnipeg
204-487-9600
cogirseniorliving.ca

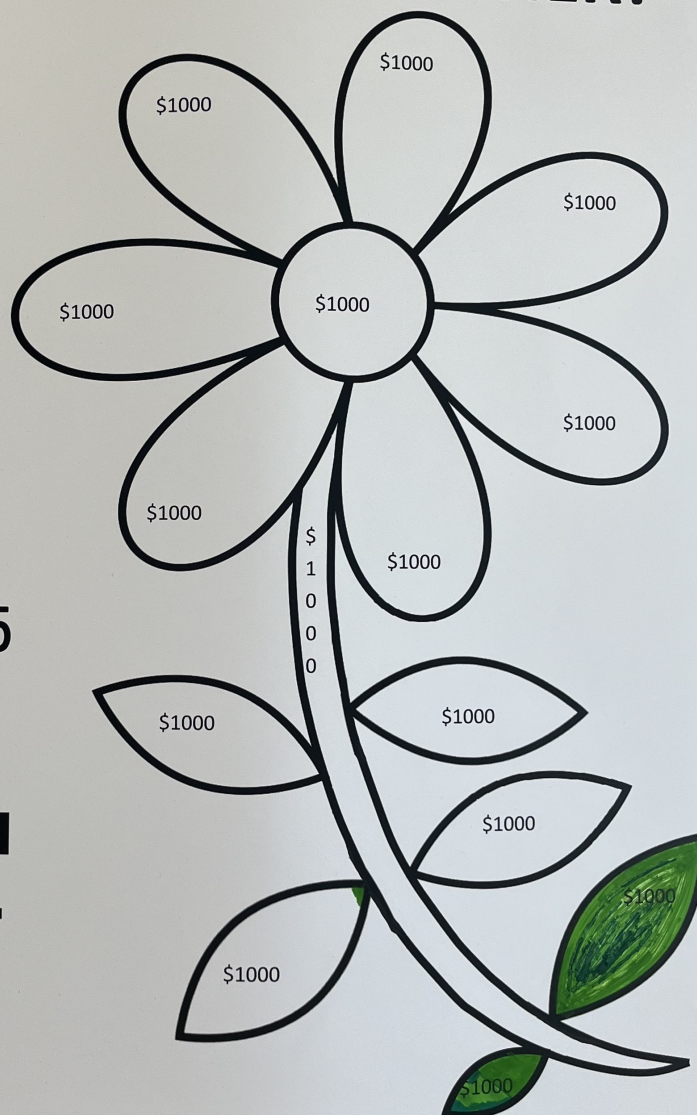




Fundraising Goal \$15,000



LET'S GROW TOGETHER!



\$15 for 15

Help us fill the flower

Contact PAL office 204-946-0839

Or office@pal55plus.ca

\$15,000 for 15 years!

PAL (55+) has arranged a few fundraisers this year with a few more to come. We are so excited to be celebrating our 15th year! All funds raised this year will go towards our operational costs. PAL is growing and so is the need for more funds. We are very thankful for everyone's generous donations so far. We look forward to seeing everyone at our coming events. Keep an eye on our weekly eblast for more information.

NEW CLASS—Summer 2024

Pickerel PALs—Shore Fishing

Dates: Thursdays, July—August * No Class July 11, 25 & Aug 29

Time 9:00 am—10:00 am

Location: TBA weekly to registrants

Cost: Free to all PAL (55+) Members



Convener: Renee Vincent—email: programs@pal55plus.ca Phone: 204-795-9211

Note: Participants must provide their own fishing license (under 65), fishing rod & tackle. Bring I.D. if over 65

Information: This group is for everyone, if you want to learn how to fish or if you're already an avid fisherperson. Come sit by the riverside, enjoy the outdoors and hopefully catch some fish.

Must Register through the PAL Office.

 An advertisement for Victoria Lifeline. On the left is a photograph of an older Black man smiling, wearing a dark blue polo shirt with a small white device attached to a lanyard around his neck. To the right of the photo is the text:

Feel safe at home and on the go with Victoria Lifeline!

Victoria Lifeline is the perfect complement to your active lifestyle. Our mobile medical alert service provides 24/7 access to help at home or on the go.

Ask about a no-obligation in-home or virtual consultation.
Contact us today at (204) 956-6777 or VictoriaLifeline.ca

Below the text is the Victoria Lifeline logo, which consists of a stylized 'V' made of three overlapping shapes in blue, green, and red. To the right of the logo is the text:

VICTORIA LIFELINE
 Safe and independent living.

At the bottom of the ad, it says:

Mention this ad & receive 1 month FREE.
 (Offer valid for new clients. Some conditions may apply)

On the bottom right, there are social media icons for YouTube, Instagram, and Twitter, followed by the handle @VictoriaLifeline.

Like us on Facebook. Help spread the word.



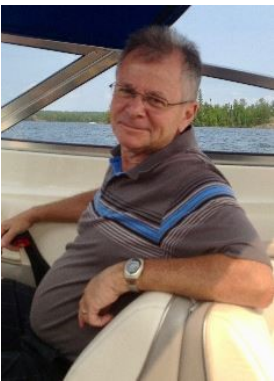
A HUGE THANK YOU TO OUR FANTASTIC SPONSORS!!

The
**Waverley &
 Rosewood**

RETIREMENT LIVING

Senior Scope
 News in PRINT and ONLINE: www.seniorscope.com

In memory of those we lost this year.



Wayne Bunney

1952-March, 2024



Larry Yeske

May 23, 2024



Bob Thompson

1940—May 24, 2024

Community Resources

Manitoba Seniors Guide provides descriptions and lists for community healthy and government programs. Go to https://www.gov.mb.ca/asset_library/en/seniors/seniors-guide-manitoba.pdf for the full guide.

211 Manitoba is a free confidential service available 24 hours a day, seven days a week. Go to [MB.211.ca](https://www.mb211.ca). Community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life.

Home Maintenance Program provides referrals to individuals in your community who can do various jobs at reasonable rates in housekeeping, meal preparation, yard work, handman jobs, painting, and carpentry. Go to gnalc.ca/index.cfm?seaction=page.viewpage&pageid=476 for more information.

A&O — provides specialized services for older Manitobans. Go to aosupportservices.ca

Senior Centre Without Walls is a program run by A&O. This program is completely free, and only requires a telephone. For more information on programs call 204-956-6440 or info@aosupportservices.ca

QDOC Virtual Healthcare—see a doctor online now, from the comfort of your own home. QDOC is a free, provincially funded, online platform that connects patients to local doctors.

Go to [QDoc - Virtual Healthcare 24/7 | See an Online Doctor Now!](#)

March of Dimes—Has lots of options for seniors. Manitoba Safe and Healthy Home for seniors, Assistive Devices, & Home & Vehicle accessibility. Go to [march of dimes](https://marchofdimes.ca)

Community Paramedic Services 1-204-406-6499. We offer a variety of services including non-urgent & technical transport services. We provide transport to medical appointments and destinations, but do not provide medical treatment

Canada Anti-Fraud Centre 1-888-495-8501

WPG Police 204-986-6222

Contact your financial institutions, creditors, service provider or any thing else that may have been affected by identity theft or fraud..



Paint Night Fundraiser!



Our fabulous art teacher Arlene Enns was the instructor of our painting party. As well a Big thank you to our Sponsor and host for the evening The Waverley & Rosewood. Everyone had a blast painting and creating such unique styles from the same template.

We raised \$275 for our fundraising campaign.





Tick populations are on the rise, namely because of climate warming and other environmental changes. The bite of infected blacklegged ticks can cause Lyme disease. In fact, between 2009 and 2023, provincial public health units have reported 19,983 human cases of Lyme disease across Canada.

Blacklegged ticks are most often found in or along the edge of forested areas. Tick habitats also include shrubs, leaf litter, wood piles, grass or herbs.

You should always take precautions against tick bites when taking part in activities where ticks may be present, such as hiking, golfing, hunting, camping, gardening, bird-watching, fishing (from land).

Before and during:

- Wear light coloured, long-sleeved shirts and pants to spot ticks easily.
- Tuck your shirt into your pants, and your pants into your socks.
- Wear closed-toe shoes.

Apply insect repellent containing DEET or Icaridin to clothing and exposed skin (make sure you use a [registered](#) product labelled as an insect repellent for use on people, and follow all label directions).

- Walk on cleared paths or trails.

Upon return:

- Before going inside, do a check for ticks on yourself and children, pets, clothing, and outdoor gear, such as backpacks.

Shower or bathe as soon as possible to find unattached ticks. If you don't shower or bathe, do a full-body tick check (find out more about [favorite tick hiding spots](#)).

If you find an attached tick, remove it as soon as possible (to do it properly, watch the [How to properly remove a tick](#) video).

- To kill unattached ticks on your clothing, put dry clothes in a dryer on high heat for **at least** 10 minutes, longer if your clothes are damp.
- If you wash your clothes, use hot water and dry on high heat.

You may not notice a tick bite because ticks are tiny and their bites are usually painless. Feel your skin for bumps and see if there are any tiny black dots. A nymph is about the size of a poppy seed (1.15 mm) and an adult female tick is about the size of a sesame seed (3 mm).

To learn more, visit Canada.ca/LymeDisease.

Also watch [How to reduce ticks around your home](#) video.

The Public Health Agency of Canada – Prairies and Northern Region

JOHN ORLIKOW
CITY COUNCILLOR | BYE-BYE HEIGHTS/PORT GARDENWARD

204.986.5236
orlikow.ca

"Working for You"

Facebook and Twitter icons

Seniors Discounts

Michaels 10% off everyday for 55+

Bulk Barn 10% off Wednesdays for 65+

Safeway 10% off every 3rd Wednesday 65+

Shoppers Drug mart 20% every Thursday 65+ with optimum card does not exceed \$50

M & M Meats 10% regular priced item, order online for pickup, everyday.

Rexall 20% off Tuesdays 55+

The Bay 20% First Tuesday of the month, 15% off for 60+

Rona 10% off 1st Tuesday of the month 55+

Salvation Army Thrift Stores 10% 60+

Value Village 30% Tuesdays 60+

Laura Secord 10% 1st Monday 65+

Celebrations Wednesdays, Thursdays, Sundays 60+

Ultra cuts \$1 off every day, \$2 off Wednesdays 60+

Cineplex discount ticket prices 65+

Landmark Cinemas Senior's Day Monday, 20% off admission price & 20% off concession.

Winnipeg Art Gallery \$10 off memberships, \$4 off admission 60+

Canadian Museum for Human Rights seniors rates 65+

Ticketmaster offers discounts part of the ticket options

Petland 20% off regular prices, last Thursday 60+

Pet Valu 10% off regular prices, last Thursday 60+

Red River Coop 10% 3rd Wednesday 60+

Goodwill Thrift stores 10% Tuesday

Restaurants

Smitty's restaurant \$5.00 membership – 15% off meal

Salisbury house senior's menu

Burger King certain items 55+

Wendy's 10% 65+

Denny's senior's menu

Applebee's 15% 55+

Arby's certain items 55+

Boston Pizza—free coffee/tea/pop for seniors

McDonald discount coffee for seniors



Pembina Active Living (55+)



Lunch PAL's June Outing

Friday, June 28th - Morden, MB
Limited spots available

Meeting time - 10:15AM at 170 Fleetwood. (WRCC)

Lunch - 11:30AM

Moment in Thyme Neighbourhood Grill (212 1 St.)

Site - 1:00PM

Canadian Fossil Discovery Centre (111 Gilmour St.)

Cost

\$5.00 - transportation (if passenger)

\$12.28 - admission ticket to Discovery Centre

Cost of Lunch at your own discretion

Please advise if you would volunteer to be a driver or if you would request to be a passenger.

To register for these events please contact us at (204)946-0839 or email us at programs@pal55plus.ca



Pembina Active Living (55+)



Lunch PAL's July Outing

Thursday July 25th - Stonewall, MB
Limited spots available

Meeting time - 10:15AM at 170 Fleetwood. (WRCC)

Lunch - 11:00AM

McLeod House Tea Room & Boutique

Cost

\$5.00 - transportation (if passenger)

Cost of Lunch at your own discretion

Please advise if you would volunteer to be a driver or if you would request to be a passenger.

To register for this event please contact us at (204)946-0839 or email us at programs@pal55plus.ca



Pembina Active Living (55+)



Folklorama 2 Pavilions VIP Tour

Come join the fun with PAL(55+) at Folkorama!

Thursday, August 8th 2024

6:45pm showtime – South Sudanese Pavilion

8:15pm showtime – Romanian Pavilion

The cost of this package is \$63.00 per person

Includes the following:

Visit 2 different cultural Pavilions in one night and enjoy a show with world-class entertainment at each Pavilion.

At the first Pavilion your group will receive a meal and a domestic alcoholic beverage

At the second Pavilion your group will receive a dessert and a non-alcoholic beverage

Reserved motorcoach parking, VIP access and entrance into Pavilions, Reserved seating close to the stage and Table service

Folklorama Volunteer Tour Guide travels with you to ensure the perfect night.

Motorcoach bus will pick up and drop off the group at 170 Fleetwood Rd. (Whyte Ridge Community Club)

To register for this event please contact us at (204)946-0839 or email us at programs@pal55plus.ca

Please note members get priority, and are welcome to bring 1 non-member as a guest. If spots are still available non-members can register for the event after July 2nd. Payment must be received in order to secure your spot!



Pembina Active Living (55+)



Lunch PAL's August Outing

Thursday, August 29th - Altona, MB
Limited spots available

Meeting time - 10:00AM at 170 Fleetwood. (WRCC)

Lunch - 11:30AM

Potpourri of Flavours (115-4th Ave)

Site - 1:00PM

Gallery in the Park -Sculpture Garden (245-10th Ave)

Cost

\$5.00 - transportation (if passenger)

Cost of Lunch at your own discretion

Please advise if you would volunteer to be a driver or if you would request to be a passenger.

To register for these events please contact us at (204)946-0839 or email us at programs@pal55plus.ca





Pembina Active Living (55+)



Celebrating Winnipeg's 150th
 Winnipeg Trolley Company
“The Heart of a Nation Tour”



Date: Wednesday, July 3rd

Time: 11:00AM-1:00PM

Pick up & Drop off Location: 170 Fleetwood Rd.

Cost: \$10 per person - limited spots available, non-refundable

Highlights Includes: St. Boniface; the Exchange District; Canada Life Centre hockey arena; the community club where rock legends, the Guess Who got their start; the grand 400-acre Assiniboine Park; the Canadian Museum for Human Rights the Manitoba Legislative Building, one of Canada's most mysterious architectural wonders.

To Read more click the link below

[City Tours - Winnipeg Trolley Tours and Charters](#)

To register your spot for this event please contact us at (204)946-0839
 or at programs@pal55plus.ca

Thank you to our four City Councillors Janice Lukes, Markus Chambers, Sherri Rollins, and John Orlikow for their donation to make this event possible!



Lisa Sinnicks
Managing Director

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

9 Quick Safety Tips to Manage Your Medications

By Johanna Trimble and Janet Currie



Deprescribing means reducing or stopping medications that may not be beneficial or may be causing harm. The goal of deprescribing is to maintain or improve quality of life.

Always consult your doctor before stopping, changing or starting a drug.

1. **Track your meds.** It's up to you or your family to keep track of the drugs you are taking. Your medication list is unlikely to be available to all health professionals online! Electronic medical records systems often don't "talk" to one another.
2. **Keep a list.** For your safety, carry your own UPDATED list and keep one on your fridge. Make sure to include over-the-counter (OTC) drugs. Make sure drugs prescribed by specialists that you see are listed.
3. **Stick to one pharmacy.** Try to fill prescriptions from one pharmacy so drug interactions are easily checked. Any pharmacy's list will only show what their pharmacy has dispensed to you and won't include everything you take.
4. **Don't start a new drug when you're alone.** It's rare, but if you have a severe allergic reaction you'll need immediate help. Never take a prescription drug that was prescribed to someone else.
5. **Check your prescription.** When you pick up your prescription order, check both your name and the drug name on the bottle. At times, people who have the same name have received the other person's drug.



- 6. Be aware of side effects and adverse effects.** If you have a new symptom after taking a new drug, don't assume it's a "new condition" or "old age". Tell your doctor or pharmacist right away. It could be adverse effects from the drug itself or an interaction with another drug you already take.
- 7. Beware of the prescription cascade.** Sometimes new drugs might be prescribed to deal with symptoms caused by a drug you are already taking. This is called the "prescription cascade" – a common example is being prescribed a new drug for stomach upset, which may be caused by a drug you are already taking. Ask your doctor to consider whether new symptoms could be the result of the drugs and whether you should consider stopping a medication or reducing the dose, also known as deprescribing.
- 8. Look out for changes.** Tell your doctor how new drugs affect you and whether there's been a change for better or worse. Doctors may be depending on you to report and may not be actively monitoring the effects. If you SEE something (or feel something), SAY something (just like at the airport!). You do not have to be "right" in order to bring forward concerns about adverse reactions from a drug.
- 9. Seniors are more sensitive to medications.** Older people are more sensitive to medications because of changes in their liver and kidney function as they age. In many cases, drugs for seniors should be prescribed at a reduced dose. The more medications used, the greater the chance of drug interactions. Drugs commonly prescribed to older adults can cause dizziness and loss of balance, leading to falls or fractures and hospitalization, as well as cognitive and memory problems. Adverse drug reactions can start even if you have been taking a drug for a long time. Your doctor depends on you to raise issues of concern and to begin to talk about deprescribing some drugs: deprescribingnetwork.ca/starting-a-conversation



Learn more about managing medications by visiting this website:
deprescribingnetwork.ca

Johanna Trimble is a patient safety advocate and member of the BC Patient Voices Network. She is a member of the Geriatrics and Palliative Care Subcommittee of the Council on Health Promotion for Doctors of BC. As an honorary lecturer, she co-teaches first year medical students at UBC in Community Geriatrics as well as pharmacy students on medication issues in Long Term Care. Johanna is an active member of the Public Awareness Committee of the Canadian Medication Appropriateness and Deprescribing Network.

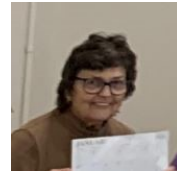
Janet Currie is a social worker who has been involved with patient and medication safety issues for over 17 years. She is particularly concerned about the safety and efficacy of psychiatric drugs and their impacts on seniors. She is a member of the core Executive of the Canadian Deprescribing Network, the past co-chair of the Canadian Women's Health Network and was a two-term member of Health Canada's Expert Advisory Committee on the Vigilance of Health Products. She owns and manages a website on psychiatric drug safety and has frequently testified to the Canadian Senate and the Parliamentary Standing Committee on Health on prescription drug surveillance and adverse drug effects. She is completing a PhD on medication safety and off-label prescribing at UBC. Janet is Chair of the Public Awareness Committee of the Canadian Medication Appropriateness and Deprescribing Network.

PALs (55+) 2024 Volunteer Recognition

Our volunteers at PAL (55+) truly sparkle and shine! We are launching “Volunteer Awards” this year to recognize and honour the contributions volunteers have made. Through this recognition we hope to show our appreciation, gratitude, and encouragement for volunteerism.

Let’s celebrate their achievements and impact they’ve made with PAL!
This year’s Volunteer Awards go to...

Pat Opalko



Pat joined our Board of Directors this past year, she has been a wonderful asset to them. Pat is also the convener of our PAL Painters group that meets twice a month. She has been an instructor for our Conversation Circle this winter helping newcomers learn English. Pat also helped volunteer with our Outreach program, representing PAL (55+) at community events. Pat has certainly made an impact with her efforts in volunteering for PAL.

Maryann Koop



Maryann, has been volunteering with our Take 5 program since the start. She’s been coming regularly on Mondays to assist with this program for isolated seniors in the community. She now leads their fitness program in the mornings with chair exercises that they all enjoy! Maryann has been a wonderful asset to this program. Maryann’s dedication has very much impacted the success of our Take 5 program.

Cheryll Matthes



Cheryll, is a part of our PAL Cares group, that volunteers in the community helping with projects for South East Personal Care Home, Siloam Mission, and Willow Place. She volunteers wherever she’s asked at our larger events. Then this year Cheryll became co-chair of the PAL Picnic Committee, which is our biggest event of the year. Cheryll has been a fantastic volunteer and we appreciate all her efforts with PAL.



**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
Vice President Mohamed Ismath
Secretary Suni Matthews
Treasurer Wendy Memryk

Executive Director
Susan Fletcher
ed@pal55plus.ca
431-277-7893

Administrative Assistant
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204-946-0839

Program Coordinator
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programs@pal55plus.ca
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:
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


Fall edition deadline for content and advertisements is approx. August 2024.
Please contact the editor at office@pal55plus.ca

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

Pembina Active Living (55+) July Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 9:00 Men's Casual Breakfast 9:15 Older Adult Weight Resistance (online)	3 10:00 PAL Pedallers 11:00 Wpg Trolley Company <i>"The Heart of a Nation Tour"</i> Celebrating Winnipeg's 150th 1:00 Yoga in the Park	4 9:00 Pickerel PALs (Shore Fishing) 9:30 Urban Pole Walking	5 9:15 Older Adult Weight Training (online) 10:00 PAL Walking/Hiking Group
8 8:00 PAL Putters – 9 Hole Golf	9 9:00 Men's Casual Breakfast 9:15 Older Adult Weight Resistance (online) 10:00 Progressive Tennis (offsite)	10 10:00 PAL Pedallers 1:00 Yoga in the Park	11 9:30 Urban Pole Walking	12 9:15 Older Adult Weight Training (online) 10:00 PAL Walking/Hiking Group
15 8:00 PAL Putters – 9 Hole Golf	16 9:00 Men's Casual Breakfast 9:15 Older Adult Weight Resistance (online) 10:00 Progressive Tennis (Offsite) 2:00 Alzheimers Support Group (online or location TBA)	17 10:00 PAL Pedallers 1:00 Yoga in the Park	18 9:00 Pickerel PAL (Shore Fishing) 9:30 Urban Pole Walking	19 9:15 Older Adult Weight Training (online) 10:00 PAL Walking/Hiking Group
22 8:00 PAL Putters – 9 Hole Golf	23 9:00 Men's Casual Breakfast 9:15 Older Adult Weight Resistance (online) 10:00 Progressive Tennis (Offsite)	24 10:00 PAL Pedallers 1:00 Yoga in the Park	25 9:30 Urban Pole Walking 10:15 Lunch PALs <i>McLeod Tea House</i> Stonewall, MB	26 9:15 Older Adult Weight Training (online) 10:00 PAL Walking/Hiking Group
29 8:00 PAL Putters – 9 Hole Golf	30 9:00 Men's Casual Breakfast 9:15 Older Adult Weight Resistance (online) 10:00 Progressive Tennis (Offsite)	31 10:00 PAL Pedallers 1:00 Yoga in the Park		

Pembina Active Living (55+) August Calendar 2024

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No-Bake Energy Bites



1 cup old fashioned oats
2/3 cup toasted shredded coconut
1/2 cup creamy peanut butter
1/2 cup ground flaxseed
1/2 cup semisweet chocolate chips
1/3 cup honey

1 tablespoon chia seeds
1 teaspoon vanilla extract
Stir everything together
Chill—cover the mixing bowl and chill for 1/2 hours
Roll into balls—about 1 inch
ENJOY

