

MONDAY

ESL CONVERSATION CIRCLE

Dates: Weekly (Sep. 16th – Dec. 9th), (excluding holidays * **No class Oct. 14th & Nov. 11th**)
Time: 9:30 am – 10:30 am
Location: Trinity United Church – 933 Summerside Ave.
Cost: Free

VARIETY FORMAT FITNESS

Dates: Weekly (Sep. 16th – Dec. 16th) - 12 weeks ***No class Oct. 14th & Nov. 11th**
Time: 9:30 am – 10:30 am
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$60 / member
Instructor: Suni Matthews 204-946-0839
Information: All levels welcome.

Please bring own mats and resistance bands.

PAL CARES

Dates: 1st Monday of the Month (Oct. 7th, Nov. 4th & Dec. 2nd)
Time: 11:00 am – 12:00 am
Location: Trinity United Church – 933 Summerside Ave.
Cost: Free

ALZHEIMER'S SUPPORT GROUP FOR CARE PARTNERS

Dates: 3rd Monday of the Month (Sep. 16th, Oct. 21st, Nov. 18th & Dec. 16th)
Time: 11:00 am – 12:00 am
Location: Trinity United Church – 933 Summerside Ave.
Cost: Free

TUESDAY

MEN'S CASUAL BREAKFAST

Dates: Weekly (ongoing)
Time: 9:00 am
Location: Aaltos in the Canad Inns - 1824 Pembina Hwy.
Cost: Individual pays
Convenor: Dale Shantz (204) 679-5210

Must register and be a member of PAL (55+)

OLDER ADULT WEIGHT TRAINING

Dates: Weekly (Sep. 24th – Dec. 10th) - 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 (Recreational)

Dates: Weekly (Sep. 3rd – Nov. 26th) - 12 weeks
Time: 9:30 am - 11:00 am
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$45 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

TAKE 5 – DAY PROGRAM

Dates: Weekly (Sep. 17th – Jun 17th), (excluding holidays)
Time: 9:30 am - 2:30 pm (pick up around 9 am)
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$30 daily (Invoiced monthly)
Includes transportation to and from, snacks, lunch, and programs.
Facilitator: Renée Vincent - Program Coordinator

Must register (limited space)

SENIORS FITNESS

Dates: (Sep. 17th – Dec. 3rd) - 12 classes
Time: 11:30 am – 12:30 pm
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$60.00 /member
Instructor: Eleanor Single 204-946-0839

Please bring own dyna bands

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

Dates: Weekly (Sep. 3rd – Nov. 26th) - 12 weeks
Time: 11:00 am – 12:30 pm
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$45 for 12 weeks
Note: participation is limited to the first 24 players to register
Convener: Jerry Johnstone jerry.johnstone@icloud.com

PAL PRESENTS

Dates: Weekly (excluding holidays)
Time: 1:00 pm
Location: Trinity United Church – 933 Summerside Ave.
Information: Presentations on a variety of topics including travel, culture, health, recreation, finances, and any other topics of interest for seniors. Includes entertainment monthly.
Announcement of upcoming Topics & Events will appear every week in the E-blast.

MOVIE & DINNER PALs

Dates: 3rd Tuesday of the month
Please note starting Sept. 24th (4th Tuesday of the month)
Time: Afternoon movie and dinner at a restaurant close by afterward
Location: Landmark Cinema Grant Park / Silver City St. Vital (Restaurant locations to follow)
Cost: Individual pays
Must register and be a PAL (55+) member.

WEDNESDAY

RESTORATIVE THERAPY YOGA

Dates: (Sept. 18th – Dec. 4th) - 12 classes
Time: 9:00 am – 10:00 am
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$96.00 /member.
Instructor: Tally Young 204-946-0839

Please bring own mats

PINPAL's BOWLING (Non-competitive)

Dates: Weekly (Sep. 4th – Dec. 18th)
Time: 10:00 am – 12:00 pm
Location: Dakota Lanes
Cost: \$12.00 (individual pays)
Convener: Marla Olinyk 204-299-0450
Must register and be a PAL (55+) member, can join anytime.

PAL CAFÉ & GAMES

Dates: Weekly on Wednesday
Time: 12:30 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$2.00 drop-in fee
Convener: Renée Vincent - Program Coordinator 204-946-0839
Must register and be a PAL (55+) member.

PAL PAINTERS

Dates: 1st & 3rd Wednesday of the month.
(Sept.18th Drop-in) (Oct. 2nd, 16th & 23rd, Nov. 6th & 20th) 5 weeks
Time: 1:00 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$80.00/per person.
Must provide own painting supplies.
Convener: Pat Opalko
Instructors: Arlene Enns

Must register and be a PAL (55+) member.

PAL BOOK CLUB

Dates: 2nd Wednesday of the month (Sept. 11th, Oct. 9th, Nov. 13th & Dec. 11th)
Time: 1:00 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$2.00 drop in fee.
Convener: Bea Schantz

Must register and be a PAL (55+) member.

STILL BLOOMIN' GARDEN CLUB

Dates: Last Wednesday of the month (Sept. 25th, Oct. 30th, Nov. 27th)
Time: 1:00 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$2.00 drop-in fee
Contact: Renée Vincent - Program Coordinator 204-946-0839

Must register and be a PAL (55+) member.

THURSDAY

ALWAYS WRITE

Dates: Weekly
Time: 9:30 am – 12:00 pm
Location: Online
Cost: Free
Instructor: Linda Mozol 204-946-0839

Must register and be a PAL (55+) member.

DROP-IN BRIDGE

Dates: Weekly
Time: 9:30 am– 11:30 am
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$2.00 drop-in fee
Convener: Ron Wood

Must register and be a PAL (55+) member.

FRIDAY

OLDER ADULT WEIGHT TRAINING

Dates: Weekly (Sep. 20th – Dec. 6th) - 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 (Sep 6th – Nov. 29th - 12 weeks) ***NO Pickleball Nov. 1st ***
Time: 10:30 am - 12:00 pm
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$45 for 12 weeks
Note: participation is limited to the first 24 players to register
Convener: Jerry Johnstone jerry.johnstone@icloud.com

PAL/FGMBC MIXED 55+ PICKLEBALL (Recreational)

Dates: Weekly (Sep 6th – Nov. 29th - 12 weeks) ***NO Pickleball Nov. 1st ***
Time: 12:00 pm - 1:30 pm
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$45 for 12 weeks
Note: participation is limited to the first 24 players to register
Convener: Jerry Johnstone jerry.johnstone@icloud.com

LUNCHPALS

Dates: Last Friday of the month
Time: 11:30 am
Location: Various Restaurants (convener will contact monthly location)
Cost: Individual pays
Convener: Renée Vincent - Program Coordinator 204-946-0839
Must register and be a PAL (55+) member.

SENIORS GRIEVE TOO

Dates: (Sep. 27th – Nov. 1st) - 6 weeks
Time: 10:00 am - 11:30 am
Location: The Waverley, 857 Wilkes Avenue
Cost: Free
Convener: Susan Fletcher (204)-946-0839

Must register and be a PAL (55+) member.

SAVE THE DATES UPCOMING LARGE EVENTS

Holiday Party – Tuesday, December 10th, 2024

More details will be communicated in the weekly e-blast