



THE PAL PULSE

Winter Edition 2025

January, February, March

Pembina Active Living (55+)

“Enhancing the lives of older adults”



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 Metis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and the mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.”

Office Hours:

**Monday-Thursday
9:00 am – 3:00 pm**

In Office Hours:

Mondays: 9 am – 1 pm
Tuesdays: 9 am – 3 pm
Wednesdays: 9 am – 3 pm
Thursdays: 9 am – 1 pm
Mondays & Thursdays: 1pm–3 pm
Office available by phone or email

**Last Day in the Office
Tuesday, December 17th**

OFFICE CLOSED:

December 23rd – January 2nd
Family Day – February 17th
Good Friday – April 18th

Office Location:

TRINITY UNITED CHURCH
933 Summerside Ave.
Winnipeg, MB R3T 4Y1

PAL (55+) Weekly E-blast
circulates Fridays with
upcoming programs, events
& information.



Upcoming Events:

March 25, 2025
Zing into Spring

Dear PAL (55+) Members,

As we enter the joyful holiday season, I want to extend a heartfelt greeting to you all!

I'd like to take a moment to express my gratitude for the opportunity to step into my new role as Operations Manager. I want to thank our Board of Directors and our Volunteers in their support with this transition. It's an honour to be apart of such a wonderful organization.

I'm excited about working together to create more meaningful experiences and connections. I appreciate the trust you've placed in me, and I look forward to contributing to the success of PAL (55+)!

Tis the season to take time for appreciation, kindness and togetherness, I am genuinely grateful for each one of you. May your Holidays be filled with love and peace, wishing you all a very Happy Holiday and a Happy New Year!

Warm Regards,
Renée Vincent
Operations Manager



www.pal55plus.ca



[pal55plus](https://www.facebook.com/pal55plus)



[Pembina Active Living 55 plus](https://www.youtube.com/PembinaActiveLiving55plus)



[pal55plus](https://www.instagram.com/pal55plus)



**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.

Seniors Resource Coordinator
204-792-1913

Email:
fortgarry@aosupportservices.ca

Website:
www.aosupportservices.ca

Board Executive 2025

President	Fred Pennell
Vice President	Mohamed Ismath
Secretary	Suni Matthews
Treasurer	Dr. Sandra Sukham

PAL (55+) Staff

Operations Manager
Renée Vincent
programs@pal55plus.ca
(204)946-0839

Office Assistant
Wendy Memryk
office@pal55plus.ca

PAL (55+) Street Address:

933 Summerside Ave.
(Trinity United Church)
Winnipeg, MB, R3T 4Y1

Mailing Address:

PO Box 34056 Fort Richmond PO
Winnipeg, MB, R3T 5T5

Office Open: September 2024 – June 2025

Hours:

Mondays:	9 am – 1 pm
Tuesdays:	9 am – 3 pm
Wednesdays:	9 am – 3 pm
Thursdays:	9 am – 1 pm

Mondays & Thursdays: 1pm–3 pm
Office available by phone or email

PAL (55+) Membership Rates 2025

Individual : \$30/year

Family : \$50/year



Pembina Active Living (55+)
“Enhancing the lives of older Adults of South Winnipeg”



Pembina Active Living (55+) is pleased to announce our 15th Anniversary Volunteer of the Year!

It is an honour for Pembina Active Living (55+) to announce our 15th Anniversary Volunteer of the Year: **Jerry Johnstone**. There are so many deserving volunteers at PAL (55+) that it was a hard choice to make. Volunteers are the backbone of our centre, and without them we couldn't exist. We appreciate the skills, hard-work, patience, and most of all the joy they share with our members. You can tell they love it and we are so thankful for them!

Jerry embodies a true volunteer. He is an excellent leader who inspires healthy living and goes above and beyond to be a wonderful ambassador for PAL (55+).

A True Leader:

The office has received many positive comments over the years from participants in Jerry's programs and how well he leads them. We can count on Jerry to do his best! He is a professional, always keeping the staff informed about changes or any issues that should be addressed in a timely manner. He shows initiative - implementing a waiver form for participants, and software program for easily updating waiting lists and keeping record of participants who will be away. He goes above and beyond in his responsibility as a program leader. The biggest response to his efforts to promote healthy aging is in the increase of membership registration and participation. His programs have the largest registration, attendance and waiting lists!

Inspiring: Jerry Johnstone continues to inspire many older adults in South Winnipeg. Over the years he has lead hundreds of people who have taken part in his programs. This Fall session alone, Pickleball had 86 participants, with new ones being put on waiting lists. Participants in Jerry's classes join other activities that Pembina Active Living (55+) offers as well, including: information sessions for older adults, mental health programs, social programs, and creative arts. His involvement in drawing older adults to his programs, causes a ripple effect; joining his programs, and then joining other programs as well.

More people are positively "enhancing their lives" at PAL (55+) than he realizes!

Deserving: Jerry Johnstone deserves to be recognized as our 15th Anniversary Volunteer of the year as his reach goes beyond leading PAL (55+) programs. Not only is he very active on the front lines of encouraging healthy living, but he is also present in the community. I have seen him and his wife at community events that celebrate diversity. As Vice President of PAL (55+), he was involved in developing "Project Management Policy", and "Risk Management Policy", which has a direct effect on our programs. Jerry was a key player in helping PAL (55+) find a new home when he took on the Role of Project Coordinator. Yearly, he volunteers on the picnic committee, drawing schematics for the exhibitor tables and manning the pickle ball display. In every aspect of his life, he is an example of someone who loves his community and wants to help. I am honoured to proclaim **Jerry Johnstone** as Volunteer of the Year at Pembina Active Living, (55+)!

Testimonial about Jerry Johnstone From Program Participants

The Executive Director of Pembina Active Living (55+) received the following email on behalf of our volunteer, Jerry Johnstone.

"Absolutely we would love to give a testimonial. We have been members of PSP for over three years. During that time, we have gotten to know Jerry as the leader of our pickleball, cycling, and walking groups. Not only is he organized and dedicated to the volunteer roles, but he is such a positive and fun-loving person. We know that if Jerry is ever asked to be involved in a project, he will come through with flying colours. It is just such a good feeling to know that he goes beyond anyone's expectations."

Bob & Cheryl Matthes August 12, 2024

"My husband and I registered for PAL Walking Group and Beginner's Pickle Ball during the past year and a half, led by Jerry Johnstone. We thoroughly enjoyed the knowledge and experience that Jerry brought to these groups. He was so very patient with those of us who were not particularly capable of athletic prowess. Thank you, Jerry, for your volunteerism. It is people like you that make these types of programs available to the rest of us."

Laurie & Ron Morris August 16, 2024

JERRY JOHNSTONE

OUR WONDERFUL VOLUNTEER! LEADER OF HIKING, PAL PEDALLERS, AND PICKLEBALL!



JERRY JOHNSTONE

- GREAT LEADER
- GREAT TEACHER
- FUN-LOVING
- INSPIRING





Winnipeg 150 Medals

On October 12, 2024, medals were handed out to community-minded persons for their contribution to the community or the city at large. One of these deserving recipients was our very own Bernadette McCann. A tree was also planted in Jinnah Park in her honour.



Congratulations

Spring edition deadline for content and advertisements is approx. February 1st, 2025.

Please contact the editor at programs@pal55plus.ca

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



THANK YOU TO OUR SPONSOR

Senior Scope

News in PRINT and ONLINE: www.seniorscope.com



PAL PRESENTS

January, 7th

Greek Cultural Presentation with Nicki Douklias from the Daughters of Penelope Greek Community in Winnipeg

January 14th

Guest Speaker from Community Paramedic Services

January 21st

To be announced in the weekly E-blast

January 28th

Musical Entertainment with Knight Train

COST FOR DROP-IN

\$2.00 - Members

\$5.00 - Non-Members

Tuesdays, from 1pm-2pm

933 Summerside Ave. (Trinity United Church)



Mark these Dates on your Calendar!

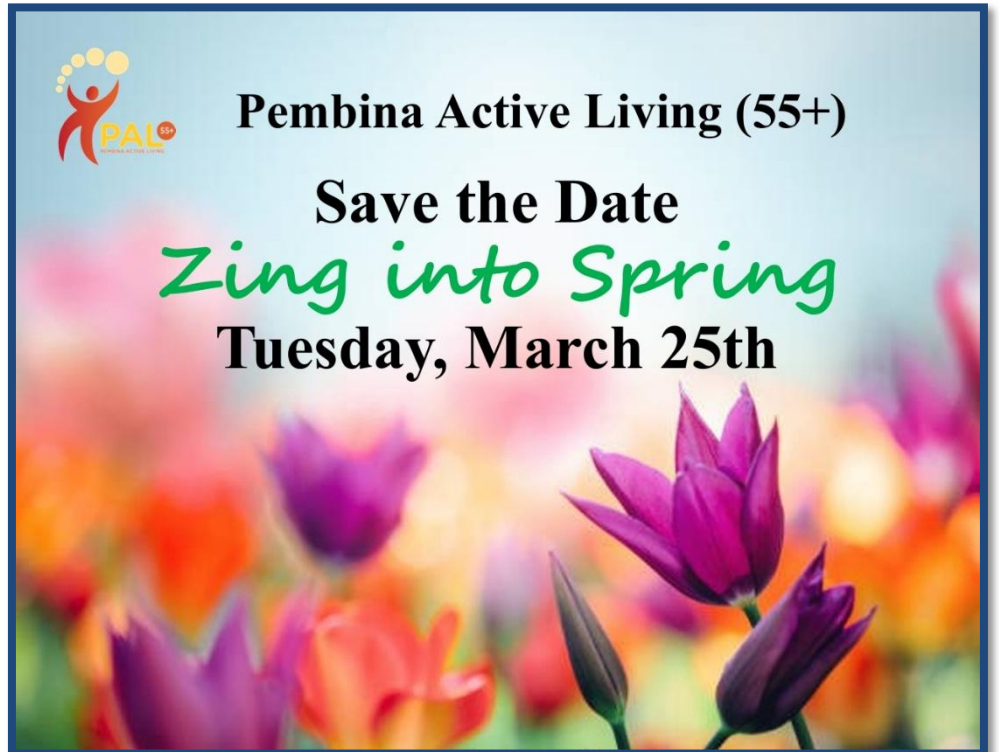


Pembina Active Living (55+)

Save the Date

Zing into Spring

Tuesday, March 25th



Join us at PAL

ESL Conversation Circle



Every Monday from 9:30 am to 10:30 am

Located at
Trinity United Church
933 Summerside Ave.

All levels welcome
Come and practice your English with our PAL(55+) Volunteers

DROP-IN Bridge

Every Thursday from 9:30 am to 11:30 am

Located at
Trinity United Church
933 Summerside Ave.



DROP-IN FEE: \$2.00 for members \$5.00 for non-members

Come learn how to play Bridge with our experienced Bridge Volunteer Instructors

PAL Cares



1st Monday of the Month from 11 am to 12 pm
January 6th, February 3rd, and March 3rd

Located at
Trinity United Church
933 Summerside Ave.

Join our PAL Volunteers and give back to the community by volunteering with
Siloam Mission, Southeast PCH, Winnipeg Shoebox Project,
Women's Shelters and more!

THANK YOU TO OUR SPONSOR

The **Waverley & Rosewood**

RETIREMENT LIVING

211 Manitoba is a free confidential service available 24 hours a day, seven days a week.

Go to MB.211.ca Community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life.

Looking for **Supports**
for **Older Adults?**

Call **2-1-1**

FREE • CONFIDENTIAL • 24/7

A partnership between  Manitoba  Support Services for Older Adults

**Looking for support?
PAL support Group**

Alzheimer's Support Group for Care Partners

Monthly – 3rd Monday of the Month

11:00 am – 12:00 pm

Trinity United Church – 933 Summerside Ave.



THE COMPASSIONATE FRIENDS OF WINNIPEG, MANITOBA

The Compassionate Friends is an international, non-profit, peer support organization offering friendship, understanding, grief education and HOPE for the future to all families who are grieving the death of a child at any age from any cause including miscarriage, stillbirth, infant and adult.

We are not counsellors or therapists. We are people who have journeyed (in varying degrees) the same road you are now travelling.

To One In Sorrow

Let me come in where you are weeping, friend,
And let me take your hand.
I, who have known a sorrow such as yours,
Can understand.
Let me come in - I would be very still
Beside you in your grief.
I would not bid you cease your weeping, friend,
Tears bring relief.
Let me come in - I would only breathe a prayer,
And hold your hand,
For I have known a sorrow such as yours,
And understand.

~Grace Noll Crowell~



Click on "Welcome" to enter site

Markus CHAMBERS

City Councillor for St. Norbert - Seine River

📞 204.986.5920

✉️ markuschambers@winnipeg.ca



***Proudly Supporting
our Community***



“What do you call a snapshot from the
North Pole?”

“A Polaroid”



**Businesses &
Organizations
Supporting
Seniors**

Contact Us:

1B – 2020 Portage Ave.,
Winnipeg, MB
Office: 204-474-2929
Fax: 1-877-223-2936

Businesses and Organizations Supporting Seniors is a resource for you or members of your family to use that supports healthy living and Aging In Place.

B.O.S.S' Mission:

To have a group of like minded individuals dedicated to making older adults lives easier while maintaining an unparalleled quality of service offered at a fair price.
Overall enriching the lives of older adults and their families in the greater Winnipeg area.



PAL'S CAFÉ & GAMES



COST FOR DROP-IN
\$2.00 - Members
\$5.00 - Non-Members



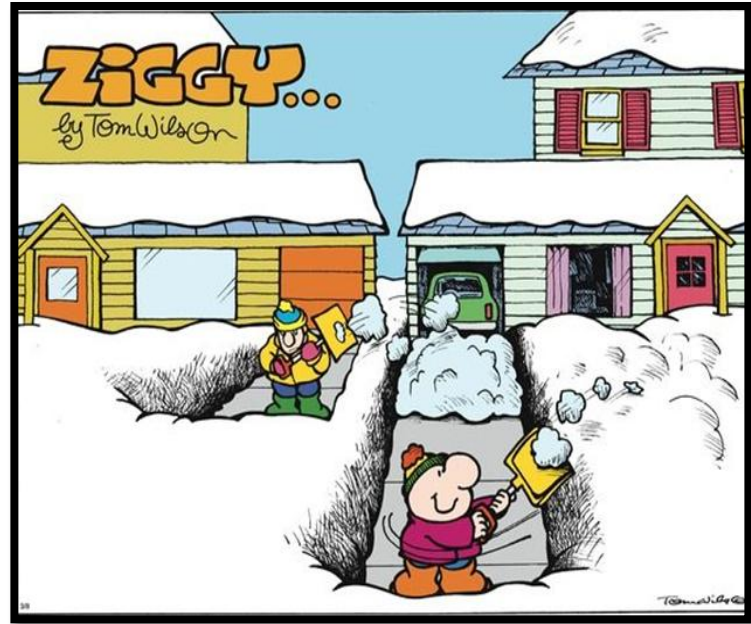
Come to play Scrabble, Canasta, Crib, or Cards or just visit and make new friends!

Coffee & Treats available for purchase

Wednesdays, from 1pm-3pm
 933 Summerside Ave. (Trinity United Church)

Thank you to our sponsors:




NEW PROGRAM



Death Cafe


Lead by
Michelle Leray
Death Doula

COST FOR DROP-IN
\$2.00 - Members
\$5.00 - Non-Members

3rd Thursday of the month
 Jan. 23rd, Feb. 20th & Mar. 20th
 10am to 11am
 933 Summerside Ave. (Trinity United Church)

Thank you to our sponsors:

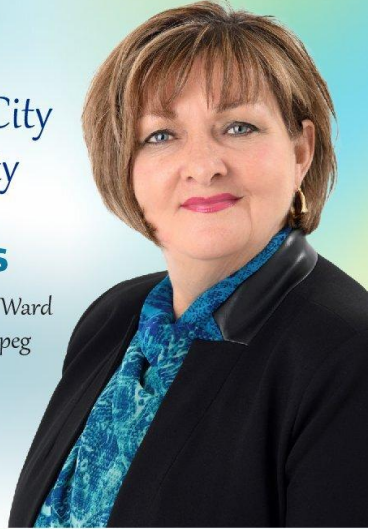







Supporting Our City
and Community

Janice Lukes

City Councillor, Waverley West Ward
Deputy Mayor, City of Winnipeg



204-986-6824 • jlukes@winnipeg.ca • JaniceLukes.ca  

Cranberry Orange Shortbread Cookies

Submitted by: Anne Crosby-Smith

Ingredients:

- ½ cup Craisins
- ¾ cup sugar divided
- 2 ½ cups all purpose flour- spooned and leveled not scooped
- 1 cup cold butter cubed
- 1 tsp almond extract
- Zest of 1 orange
- 1 – 2 Tbsp for fresh orange juice (optional)
- Additional sugar to coat cookies before baking if desired



Instructions:

- Line baking sheet with parchment paper and set aside.
- Combine craisins and ¼ cup of sugar in a food processor and process just until the craisins are broken down into smaller pieces. Set aside.
- Combine flour and remaining sugar in a large bowl.
- Use a pastry cutter to cut in butter. You want very fine crumbs.
- Stir in extract, craisins and sugar mixture, orange zest and orange juice (optional)
- Use your hands to knead the dough until it comes together and forms a ball. If the dough is still crumbly, add orange juice, one tablespoon at a time until the dough comes together.
- Shape dough into a log about 2 inches in diameter and wrap in plastic wrap.
- Refrigerate for 2 hours or up to 72 hours.
- Preheat oven to 325 degrees F.
- Cut slices of cookie dough about ¼ inch thick.
- Place about a half a cup of sugar in a bowl and coat the cookie slices with sugar.
- Place cookies on baking sheet and bake for 12 to 15 minutes or just until cookies are set.

Do not over bake.

- Let cookies cool for several minutes on baking sheet before removing to cooling rack.

Hot Artichoke Dip

1 or 2 cloves garlic, minced
14 oz can of artichoke hearts, drained
8 oz cream cheese, softened
1 cup dry parmesan
1 cup grated mozzarella
1 cup mayonnaise
2 teaspoons fresh lemon juice

In food processor, chop artichoke hearts. Beat cream cheese, garlic in bowl, add mayo, parmesan, mozzarella and lemon juice and artichoke. Mix well

Put into quiche casserole dish and bake at 350 oven for 30 minutes until dip bubbles and the top is golden. Serve with crackers.

Fall 2024 Memories



None of us were brave enough to try out the burgers.

LunchPAL's Altana, MB August 29, 2024

The Painting

In the late 1800's Vincent van Gogh painted a series of seven sunflowers depicting his unique style featuring the abundant use of light, vibrant colour and thick, short brush strokes. The sunflower was seen by van Gogh as a symbol of life and hope.

This 76'6" tall landmark is a symbol of international art and celebrates Altana's reputation as the Sunflower Capital of Canada.



Gen Z Burger

Tri Burger Supreme





Sip & Support
October 17, 2024

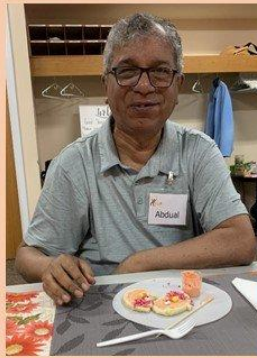


Flower Arranging at the
Waverley
October 25, 2024

PinPALs Bowling
Halloween
Hi-Jinx
October 30, 2024



Take 5 Cookie Decorating



Remembrance Day 2024



We Will Remember Them




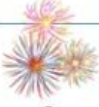

Still Bloomin Garden Club outing at
Jensen's Nursery
November 27, 2024





Take 5 Christmas Celebration
December 3, 2024




Pembina Active Living (55+) January 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>LET'S BE PAL'S! For more information please call (204)946-0839 or email us at programs@pal55plus.ca</p>	 <p>New Years Day !</p>	<p>PAL Office Closed</p>		
<p>6</p> <p>PAL OFFICE OPENS</p> <p>9:30 Variety Fitness 9:30 Conversation Circle 11:00 PAL Cares</p>	<p>7</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents : Greek Culture with Nicki Douklias</p>	<p>8</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Art with Arlene</p>	<p>9</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>10</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>13</p> <p>9:30 Variety Fitness 9:30 Conversation Circle</p>	<p>14</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents Winnipeg Paramedic Services</p>	<p>15</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Book Club <i>The Women</i> by <i>Kristin Hannah</i></p>	<p>16</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>17</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>20</p> <p>9:30 Variety Fitness 9:30 Conversation Circle 11:00 Alzheimer's Support Group for Care Partners</p>	<p>21</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents</p>	<p>22</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Art with Arlene</p>	<p>23</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge 10:00 Death Café</p>	<p>24</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>27</p> <p>9:30 Variety Fitness 9:30 Conversation Circle</p>	<p>28</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents - Musical Entertainment with Knight Train</p>	<p>29</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL's Still Bloomin' (Garden Club) <i>Irisés & Lillies</i> with <i>Len Giesbrecht</i></p>	<p>30</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>31</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 11:30 Lunch PAL's (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>

Pembina Active Living (55+) February 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>BLACK HISTORY MONTH</p> <p>9:30 Variety Fitness 9:30 Conversation Circle 11:00 PAL Cares</p>	<p>4</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents</p>	<p>5</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Art with Arlene</p>	<p>6</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>7</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>10</p> <p>9:30 Variety Fitness 9:30 Conversation Circle 11:00 Alzheimer's Support Group with Care Partners</p>	<p>11</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents</p>	<p>12</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL's Book Club <i>The Women in Black</i> by Madeline St. John</p>	<p>13</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>14</p> <p>VALENTINE'S DAY</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p> 
<p>17</p> <p>LOUIS RIEL DAY</p> <p>NO PROGRAMS</p> <p>Louis Riel Day</p> 	<p>18</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents</p>	<p>19</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Art with Arlene</p>	<p>20</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge 10:00 Death Café</p>	<p>21</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>24</p> <p>9:30 Variety Fitness 9:30 Conversation Circle</p>	<p>25</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents</p>	<p>26</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL's Still Bloomin' (Garden Club) <i>Tips & Tricks for easier Gardening with Jan Winnik</i></p>	<p>27</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>28</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 11:30 Lunch PAL's (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>

Pembina Active Living (55+) March 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Variety Fitness 9:30 Conversation Circle 11:00 PAL Cares</p>	<p>4</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents</p>	<p>5</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Art with Arlene</p>	<p>6</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>7</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>10</p> <p>9:30 Variety Fitness 9:30 Conversation Circle</p>	<p>11</p> <p>8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 11:30 Seniors Fitness 1:00 PAL Presents</p>	<p>12</p> <p>9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL's Book Club <i>Five Wives</i> by Joan Thomas</p>	<p>13</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>14</p> <p>9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>17</p> <p>ST. PATRICK'S DAY 9:30 Variety Fitness 9:30 Conversation Circle 11:00 Alzheimer's Support Group for Care Partners</p>	<p>18</p> <p>8:30 Men's Casual Breakfast (offsite) 9:30 Take 5 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. L3 (offsite) 1:00 PAL Presents</p>	<p>19</p> <p>10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Art with Arlene</p>	<p>20</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge 10:00 Death Café</p>	<p>21</p> <p>10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>24</p>	<p>25</p> <p>8:30 Men's Casual Breakfast (offsite) 9:30 Mixed Pickleball INT. L3 (offsite) 11:00 Mixed Pickleball INT. (offsite)</p> <p>ZING INTO SPRING</p>	<p>26</p> <p>10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL's Still Bloomin' (Garden Club) <i>Louise May from Aurora Farms presenting on the behalf of the Herb Society</i></p>	<p>27</p> <p>9:30 Always Write (online) 9:30 Drop-In Bridge</p>	<p>28</p> <p>10:30 Pickleball INT. L3 (offsite) 11:30 Lunch PAL's (offsite) 12:00 Mixed Pickleball Recreation (offsite)</p>
<p>31</p> 	<p>LET'S BE PAL'S!</p> <p>For more information please call (204)946-0839 or email us at programs@pal55plus.ca</p> 