



# THE PAL PULSE

Spring Edition 2025

April, May, June

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.”

**NEW 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  
1 pm – 3 pm

**Staff can be contacted by  
phone or email**

**OFFICE CLOSED:**  
Good Friday – April 18<sup>th</sup>

**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:

June 24, 2025

*Volunteer Appreciation &  
Annual General Meeting*

**Date To Be Determined**  
*PAL Picnic*

### ***Spring Greetings,***

Spring is a season of growth and renewal; I want to take a moment to express my deepest gratitude to our amazing PAL(55+) volunteers! I have relied on each of you this year, your dedication, kindness, and hard work truly make all the difference. From our volunteer Board Members, Program Conveners, Office Receptionists, Communications & Event Support. You are the heart of the organization; I simply could not do it without you! I look forward to celebrating each of you at our Volunteer Appreciation Event being held Tuesday, June 24<sup>th</sup> (details to be sent out) Followed by the PAL (55+) Annual General Meeting.

With heartfelt thanks,  
**Renée Vincent**  
PAL (55+) Operations Manager

You're only here for a short visit. Don't hurry. Don't worry.  
And be sure to smell the flowers along the way!  
-Walter C. Hagen



[www.pal55plus.ca](http://www.pal55plus.ca)



pal55plus



Pembina Active Living 55 plus



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**  
**204-956-6440**

**Email:**  
**[intake@aosupportservices.ca](mailto:intake@aosupportservices.ca)**

**Website:**  
**[www.aosupportservices.ca](http://www.aosupportservices.ca)**

## Board Executive 2025

<b>President</b>	Fred Pennell
<b>Vice President</b>	Mohamed Ismath
<b>Secretary</b>	Suni Matthews
<b>Treasurer</b>	Dr. Sandra Sukham

### PAL (55+) Staff

**Operations Manager**

Renée Vincent

[programs@pal55plus.ca](mailto:programs@pal55plus.ca)

(204) 946 -0839

**PAL (55+) Street Address:**

933 Summerside Ave.

Winnipeg, MB R3T 4Y1

**Mailing Address:**

PO Box 34034, PO Fort Richmond,

Winnipeg, MB R3T 5T5

**PAL (55+) Office Hours:**

September-June

Monday-Thursday

9:00am-3:00pm

**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

1 pm - 3 pm

Staff can be contacted by phone or email

## PAL (55+) Membership Rates 2025

Individual : \$30/year

Family (x2) : \$50/year  
(same household)

# Markus CHAMBERS

**City Councillor for St. Norbert - Seine River**

📞 204.986.5920

✉️ markuschambers@winnipeg.ca



***Proudly Supporting  
our Community***

**Fall edition deadline for content and advertisements is approx.**

**August 1st, 2025.**

**Please contact the editor at [programs@pal55plus.ca](mailto:programs@pal55plus.ca)**

**Advertisements welcome, assorted sizes.**

**Enquire about our reasonable rates.**

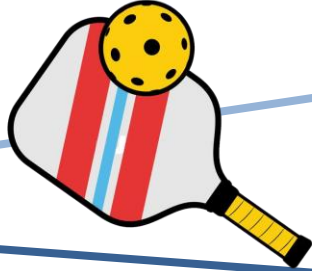


**THANK YOU TO  
OUR SPONOSOR**

**Senior Scope**  
News in PRINT and ONLINE: [www.seniorscope.com](http://www.seniorscope.com)

## Fitness / Sport Programs

- Muscle Strength Fitness
- Senior's Fitness
- Older Adults Weight Training
- Restorative Yoga
- Pickleball Mixed: Novice - Intermediate Levels
- PINPALS (Bowling) Non-competitive



# Take a LOOK at the PAL Programs

## Clubs / Groups

- PAL Painters
- PAL Book Club
- Still Bloomin' (Garden Club)
- Always Write
- Drop-In Bridge
- PAL Café & Games



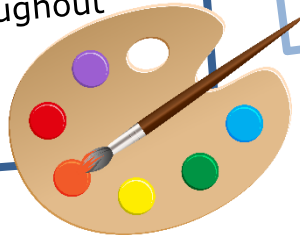
## Social Programs

- Men's Breakfast
- Movie & Dinner PALS
- Lunch PALS



## Events

- PAL Presents - weekly presentations with guest speakers, cultural presentations & entertainment
- Monthly Bingo Fundraisers
- Special Events throughout the year



## Support Programs

- PAL Cares
- ESL Conversation Circle
- Alzheimer's Support Group - April 28<sup>th</sup>, May 26<sup>th</sup>, June 16<sup>th</sup> (dates change due to some holidays)
- Take 5 - Day Program for isolated Older Adults
- Death Café



# Summer 2025 Programs

**STARTING SOON...**

**PAL PUTTERS – 9 HOLE GOLFING**

Starting Weekly Mondays, May. 5<sup>th</sup>  
9am – Tee Off Time  
Southside Golf Course – 2226 Southside Rd.

**PAL PEDALLERS CYCLING GROUP**

Starting Weekly Wednesdays, May. 21<sup>st</sup>  
10am-12pm  
Various Locations

**PAL WALKING/HIKING GROUP**

Starting Weekly Fridays, June. 13<sup>th</sup>  
10am-12pm  
Various Locations

**Must be a PAL (55+) Member to register!**



What is Irish and comes out in  
the spring?

Paddy O'Furniture



## PAL Pedallers Cycling Group – S2025

### Spring/Summer/Fall Program – May 21 to September 24, 2025

This announcement is being distributed to past participants, as well as to the general PAL (55+) membership by way of the regular Friday emails. We would like to encourage other folks to try cycling on **Wednesday mornings** with the PAL Pedallers Cycling Group.

We are getting ready to start our **thirteenth season** of the Spring/Summer/Fall PAL Pedallers Cycling Group. (*Fun Fact: Total distance cycled by the group since 2015 is 4770 kms*).

The majority of our rides will start from the Fort Garry Bridge (on *Abinoojii Mikanah* crossing the Red River). When we are heading South or Southwest, we may meet at Richmond Kings C. C. on Silverstone in Fort Richmond or maybe Princess Auto Stadium.



For those new cyclists joining us this year, I would like offer a bit of background about the program. Over the years we have studied the City of Winnipeg cycling maps extensively, looking at the availability of trails, pathways and bike lanes to allow for the safest rides for participants. In addition, we try to consider destination points such as Fort White Alive and the Forks, as well as local parks and greenspaces.

Over the past few years, we have assembled a selection of rides that have proven to be popular with participants, but we are always looking at new options or variations. We believe that the south end of the City offers the best cycling opportunities for the average cyclist and will continue to focus on those neighborhoods.



Rides are generally between 20 and 30 km, travelling at speeds of 15 – 18 km per hour and lasting 2.0 – 2.5 hours. Helmets are mandatory and cyclists are responsible to ensure that their bikes are mechanically ready for use. Registration with the PAL (55+) office is a requirement. Participants may be asked to take turns acting as the *sweep* (one who rides at the end of the group to keep track of riders).

***Starting time is 10:00 am unless otherwise noted.***

Weekly rides and attendance will be managed using an app called **Spond**. Information regarding the ride each week will be distributed through the Spond app. More information on this process will be made available after Spring registration and prior to the start of the program on May 21<sup>st</sup>.

## PAL WALKING/HIKING GROUP – S2025

### Friday Walking/Hiking Group – June 13 to August 29, 2025 (12 weeks)

Depending on the destination, start times will be between 9:00 am and 10:00 am

We are getting ready to start the **seventh season** of the Spring and Summer Walking/Hiking Group. Many of you have participated each year, but we also encourage others to join us.

For the purpose of this program, a “walk” can be defined as following a paved route of sidewalks or paved pathways, whereas a “hike” would follow trails of bark chips, gravel, or in some cases grass and exposed earth. These trails often have an irregular surface and can be a bit less stable than a paved surface. Good supportive walking shoes or light hiking shoes are recommended. For added support and stability, participants may choose to use a hiking/trekking pole, either rigid or adjustable.



On city walks, the group may visit destinations such as the Forks, discover parks previously unknown, or meander through beautiful established neighborhoods such as Wolseley, St. James and Old St. Boniface. Weekly emails will be sent out regarding the destination, parking and washrooms if available.

Some destinations will allow participants to feel like they have left the city behind without crossing the perimeter. The Bois-des-Esprit trail in Royalwood follows along the Seine River and provides opportunities to view the “spirit carvings” in the forest, as well as occasional wildlife. And the Assiniboine Forest in Charleswood is a peaceful oasis with a network of interconnecting trails.



Occasionally we will venture beyond the perimeter to explore trails in parks such as Bird’s Hill Provincial Park or the Camp Morton Provincial Park near Gimli. Provincial Parks have a variety of hiking trails from novice level and beyond. These outings would require a daily pass (\$9.50) or a seasonal pass (\$44.50). <https://www.gov.mb.ca/sd/parks/park-fees/index.html>

Walks and hikes would be in the range of 5 – 8 km in length and the duration would generally be 1.5 - 2.0+ hours. The average walking pace is about 4 km per hour.

One of the joys in late spring and throughout the summer is walking outdoors on a beautiful day. It can also be a social activity with like-minded individuals. This program is free with your membership. So, pull out your walking, hiking or running shoes and register. Remember to bring a hat, water and sunglasses, and please, leave your pets at home.

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](http://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 – 3<sup>rd</sup> Monday of the Month  
(April. 28<sup>th</sup>, May. 26<sup>th</sup> & June. 16<sup>th</sup>)

11:00 am – 12:00 pm

Trinity United Church – 933 Summerside Ave.



**Pembina Active Living (55+)**



## **PAL Monthly Bingo Fundraisers**

**April 24th, May 29th & June 26th**

*will be held the last Thursday of each month*

**Don't miss your opportunity to win!**

**10 Games, 10 Chances of Winning!**

Doors Open at 1:00pm

Game starts at 1:30pm to 3:30pm

Location: **The Waverley - 857 Wilkes Ave**

### **Cash Only**

Booklets are \$20.00 Includes: 6 cards & 10 games  
Snacks, Drinks and Dabbers available for purchase

**Limited Spots Available —To Register:**

Phone: 204-946-0839 or email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)

Thank you to our sponsors:

The  
Waverley &  
Rosewood  
RETIREMENT LIVING

**Senior Scope**  
News in PRINT and ONLINE [www.seniorscope.com](http://www.seniorscope.com)

LGCA 5030-BI-46601

# Teriyaki Grilled Chicken

Prep time: 5 minutes  
 Cook Time: 12 minutes  
 Marinating: 4 hours  
 Servings: 6

## Ingredients:

- 1 cup soy sauce
- 1 cup water
- ½ cup brown sugar
- ¼ cup Worcestershire sauce
- 3 Tablespoons white distilled vinegar
- 3 cloves minced garlic
- 1 Tablespoon minced ginger
- 2 teaspoons onion powder
- 2 – 3 lbs boneless, skinless chicken breasts or thighs



## Instructions:

- Add the soy sauce, water, sugar, Worcestershire sauce, vinegar, garlic, ginger, and onion powder to a bowl and whisk to combine.
- Place the chicken in a large dish and pour the marinade over the top. Cover tightly and refrigerate for at least 30 minutes, preferable 4-8 hours.
- Grill the chicken over medium heat, 6 minutes a side, or until cooked through.

# Coconut Lime Sugar Cookies

2 ¾ cup all purpose flour	1 egg
½ tsp. baking powder	½ tsp vanilla
1 tsp baking soda	Zest of one large lime, finely minced
½ tsp salt	3 Tbsp lime juice
1 cup butter, softened	½ cup unsweetened toasted coconut
1 ½ cup white sugar	½ cup sugar for rolling cookies



## Instructions:

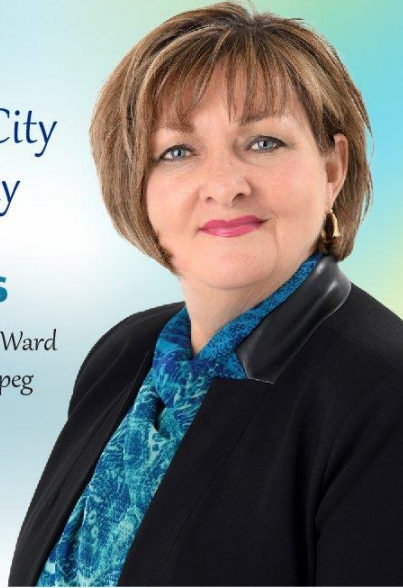
- Preheat oven to 350 degrees. Line cookie sheets with parchment.
- In a small bowl, stir together flour, baking soda, baking powder and salt. Set aside
- Using a mixer, beat together the butter and sugar until smooth and very fluffy.
- Beat in egg, vanilla, lime juice and lime zest.
- Gradually blend in the dry ingredients and toasted coconut.
- Roll rounded teaspoonsfuls of dough into balls and roll in sugar. Place on lined cookie sheets about 1 ½ inches apart. Press down lightly with the bottom of a glass to flatten slightly.
- Bake 10 minutes or until lightly browned at the bottom edges.
- Let stand on cookie sheet two minutes before removing to cool on racks.



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  

SPRING IS IN THE AIR!



### NEW PROGRAM



### Death Cafe

*Lead by  
Michelle Leray  
Death Doula*

**COST FOR DROP-IN**  
**\$2.00 - Members**  
**\$4.00 - Non-Members**

3rd Thursday of the month  
Jan. 23rd, Feb. 20th & Mar. 20th  
10am to 11am

933 Summerside Ave. (Trinity United Church)



### PAL'S CAFÉ & GAMES



**COST FOR DROP-IN**  
**\$2.00 - Members**  
**\$4.00 - Non-Members**



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




**Coffee & Treats available for purchase**

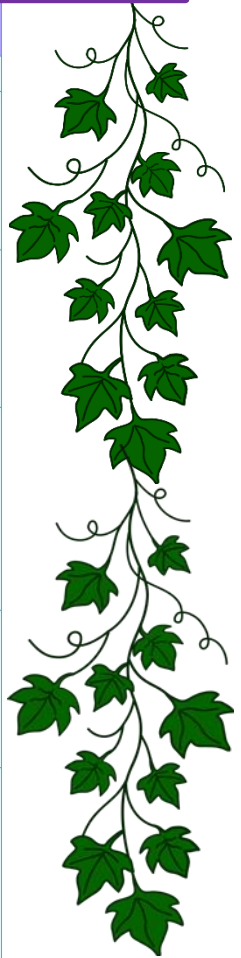
Wednesdays, from 1pm-3pm  
933 Summerside Ave. (Trinity United Church)





# SPRING SESSION CALEDNARS APRIL – JUNE 2025

## Pembina Active Living (55+) April 2025 Calendar


Monday	Tuesday	Wednesday	Thursday	Friday
31 9:30 Muscle Strength Fitness 9:30 Conversation Circle	8:30 Men's Casual Breakfast (offsite) 1 9:15 Older Adult Weight Training (online) 9:30 Take 5 11:30 Seniors Fitness 1:00 PAL Presents: <i>Speaker - Right at Home</i>	2 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Drop-In Painting	3 9:30 Drop-In Bridge	4 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
7 9:30 Muscle Strength Fitness 9:30 Conversation Circle TIME: PAL Cares - TBA	8:30 Men's Casual Breakfast (offsite) 8 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: <i>Osteoporosis Presentation</i>	9 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL's Book Club	10 9:30 Drop-In Bridge 10:00 Death Café	11 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
14 9:30 Muscle Strength Fitness 9:30 Conversation Circle	15 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: <i>Wpg Fire Paramedics Fire Safety</i> Movie & Dinner PALS	16 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Drop-In Painting	17 9:30 Always Write (online) 9:30 Drop-In Bridge	18 
21 9:30 Muscle Strength Fitness 9:30 Conversation Circle 	22 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: TBA	23 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Drop-In Painting	24 9:30 Always Write (online) 9:30 Drop-In Bridge <b>1:30-3:30</b> <b>Bingo Fundraiser (The Waverley)</b>	25 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite) 11:00 Lunch PALS
28 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:00 Alzheimer's Support Group with Care Partners 1:30pm-4:00pm PAL Cares - Wpg Harvest	29 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: <i>Compost Winnipeg with Guest Speaker Karrie</i>	30 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL's Still Bloomin' (Garden Club) <i>Guest Speaker: Ian Wise - Entomologist "Managing Pesky Plant Pests"</i>		



## Pembina Active Living (55+) May 2025 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 Always Write (online) 9:30 Drop-In Bridge	2 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
5 9:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle	6 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: TBA	7 9:00 Restorative Yoga 1:00 PAL Café & Games 1:00 PAL Painting with Arlene	8 9:30 Always Write (online) 9:30 Drop-In Bridge	9 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
12 9:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:30am-2:00pm PAL Cares - Siloam Mission	13 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: <i>Guest Speaker: John Einarson "Shakin' All Over when Wpg Community Clubs Rocked?"</i>	14 9:00 Restorative Yoga 1:00 PAL Café & Games 1:00 PAL's Book Club	15 9:30 Always Write (online) 9:30 Drop-In Bridge 10:00 Death Cafe	16 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
19 <b>MAY LONG WEEKEND</b> <b>VICTORIA DAY</b> 	20 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: TBA Dinner & Movie PALS	21 9:00 Restorative Yoga 10:00 PAL Pedallers 1:00 PAL Café & Games 1:00 PAL Painting with Arlene	22 9:30 Always Write (online) 9:30 Drop-In Bridge	23 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
26 9:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:00 Alzheimer's Support Group with Care Partners TIME: PAL Cares—CNIB	27 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: TBA	28 9:00 Restorative Yoga 10:00 PAL Pedallers 1:00 PAL Café & Games 1:00 PAL's Still Bloomin' (Garden Club)	29 9:30 Always Write (online) 9:30 Drop-In Bridge <b>1:30-3:30</b> <b>Bingo Fundraiser (The Waverley)</b>	30 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite) 11:00 Lunch PALS



Pembina Active Living (55+) June 2025 Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle	3 8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 11:30 Seniors Fitness 1:00 PAL Presents: TBA	4 9:00 Restorative Yoga 10:00 PAL Pedallers 1:00 PAL Café & Games 1:00 PAL Painting with Arlene	5 9:30 Always Write (online) 9:30 Drop-In Bridge	6 9:15 Older Adult Weight Training (online)
9 9:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle TIME: PAL Cares - CNIB	10 8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 11:30 Seniors Fitness 1:00 PAL Presents: TBA	11 9:00 Restorative Yoga 10:00 PAL Pedallers 1:00 PAL Café & Games 1:00 PAL's Book Club	12 9:30 Always Write (online) 9:30 Drop-In Bridge 10:00 Death Cafe	13 9:00 PAL Walking/Hiking 9:15 Older Adult Weight Training (online)
16 9:00 PAL Putters (Golf) 9:30 Conversation Circle 11:00 Alzheimer's Support Group with Care Partners	17 8:30 Men's Casual Breakfast (offsite) 9:15 Older Adult Weight Training (online) 9:30 Take 5 11:30 Seniors Fitness 1:00 PAL Presents: TBA Movie & Dinner PALS	18 9:00 Restorative Yoga 10:00 PAL Pedallers 1:00 PAL Café & Games 1:00 PAL Painting with Arlene	19 9:30 Always Write (online) 9:30 Drop-In Bridge	20 9:00 PAL Walking/Hiking 9:15 Older Adult Weight Training (online)
23 1:30-3:30pm PAL Cares - Siloam Mission	24 8:30 Men's Casual Breakfast (offsite)  <b>11:30am-1:00pm VOLUNTEER APPRECIATION 1:00pm-2:00pm ANNUAL GENERAL MEETING</b>	25 10:00 PAL Pedallers	26 <b>1:30-3:30 Bingo Fundraiser (The Waverley)</b>	27 9:00 PAL Walking/Hiking 11:00 Lunch PALS
 <p>30 <b>Proud to be Canadian</b></p>				



**Big THANK YOU**  
**to our Volunteer**  
*Anne Crosby-Smith,*  
**for her expertise in**  
**assisting in putting**  
**together,**  
*The PAL Pulse 2025*  
*Spring Edition Newsletter*  
**Your time and effort its graciously**  
**appreciated!**

# What's been happening at PAL

## Holiday Party 2024



Our 2024 Holiday Party was held at Southlands Community Church





Jerry  
Johnstone was  
recognized as  
PALS (55+)  
15<sup>th</sup>  
Anniversary  
Volunteer of  
the Year



# Take 5

## Celebrating Birthdays



# Take 5 Valentines Day



# PAL Presents



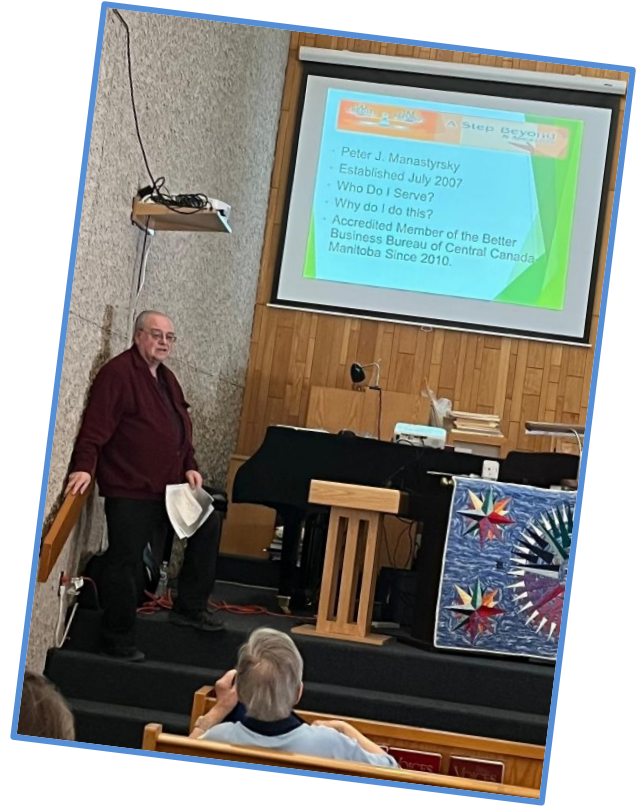
Black History Month with guest speaker *Judy Williams*



Musical Entertainment by Harmony



# Disability Tax Credit Canada with Peter Manastyrsky



# Older Adult "Seniors" Fitness Classes



# PAL Cares Volunteering at Siloam Mission



# Take 5

Visits "The Leaf"

