



Pembina Active Living (55+)
Enhancing the Lives of Older Adults in South Winnipeg
Discover Fun & Friendship, Let's Be PALs!

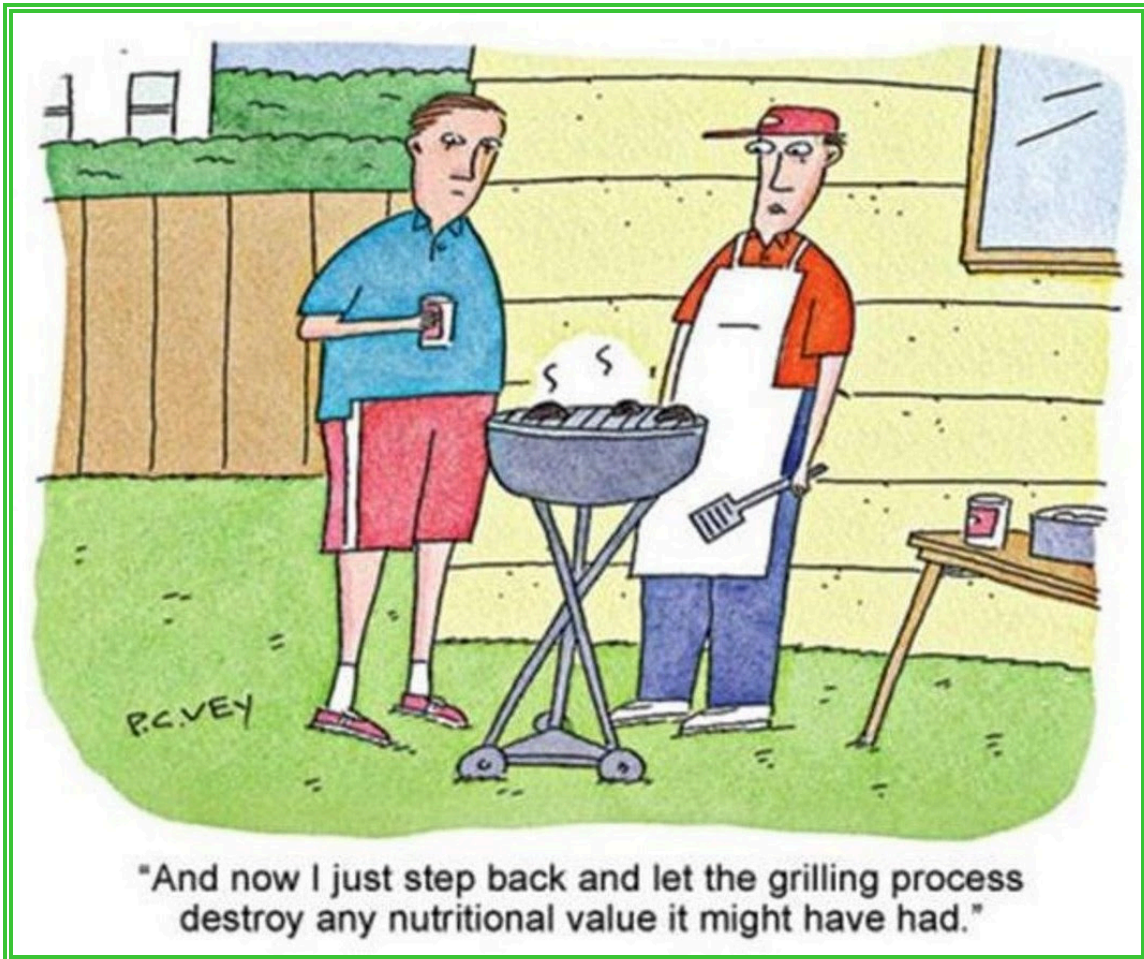
Phone: (204)946-0839 **Email:** programs@pal55plus.ca

Office Address: 933 Summerside Ave. (Trinity United Church)
(Parking lot entrance off Summerside Ave and Mapleridge Ave.)

Mailing Address: PO Box 34034 Fort Richmond
Wpg, MB, R3T 5T5

Office Hours: Monday & Thursday 9am-12pm
Tuesday & Wednesday 9am-3pm





PAL (55+) ANNOUNCEMENTS



In Loving Memory



VICTORIA "VICKI" BRUNEL



April 12, 1942 – May 6, 2025

It is with heavy hearts that we share the passing of our dear PAL and cherished member. Vicki was a warm and familiar presence in our community. Someone who brought kindness, laughter and compassion to all who had the pleasure of knowing her.

To share memories, stories and condolences with Vicki's loved ones please click the link below

<https://www.ethicaldeathcare.com/obits/brunel-victoria>

<https://www.ethicaldeathcare.com/obits/brunel-victoria>

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)
8:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle	5 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>Winnipeg Transit Presentation New Bus Routes</i>	6 9:00 Restorative Yoga 1:00 PAL Caf� & 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)
8:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:30am-2:00pm PAL Cares - Siloam Mission	12 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>	13 9:00 Restorative Yoga 1:00 PAL Caf� & Games 1:00 PAL's Book Club	15 9:30 Always Write (online) 9:30 Drop-In Bridge	16 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
MAY LONG WEEKEND VICTORIA DAY  PAL Office Closed	19 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>WCSA - Tai Chi History and Demonstration Dinner & Movie PALS</i>	20 9:00 Restorative Yoga 10:00 PAL Pedallers 1:00 PAL Caf� & Games	21 9:30 Always Write (online) 9:30 Drop-In Bridge	22 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite)
8:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:00 Alzheimer's Support Group with Care Partners	26 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>Always Write Group Stories</i>	27 9:00 Restorative Yoga 10:00 PAL Pedallers 1:00 PAL Caf� & Games 1:00 PAL's Still Bloomin' (Garden Club) <i>A Pictorial Tour of Bonsai: Using Local Trees</i>	28 9:30 Always Write (online) 9:30 Drop-In Bridge 1:30-3:30 Bingo Fundraiser (The Waverley)	29 9:15 Older Adult Weight Training (online) 10:30 Pickleball INT. L3 (offsite) 12:00 Mixed Pickleball Recreation (offsite) 11:00 Lunch PALS
				30



Pembina Active Living (55+)

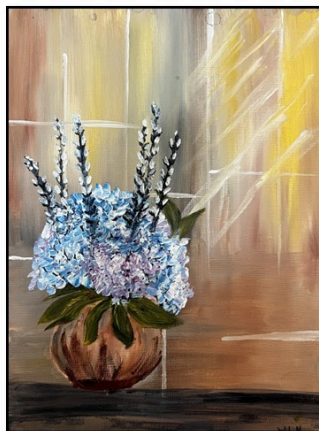
PAL Painters

with Paint Instructor Arlene Enns



Discover your inner artist with PAL Painters! A fun space where creativity flows and friendship grows. Whether you're a beginner or seasoned painter all are welcome!

- Dates:** Wednesday, May. 21st, June 4th & 18th
- Time:** 1:00pm-3:00pm
- Location:** 933 Summerside Ave. (Trinity United Church)
- Cost:** \$50 for 3 classes



Painting by: Vicki Hallock

Must bring own painting supplies paints, brushes and canvas.

- No experience needed,
- Step-by-step guidance,
- Great for relaxation & self expression.

To Register: Please call the PAL(55+) Office at (204)946-0839 or at programs@pal55plus.ca

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SeniorScope
News in PRINT and ONLINE: www.seniorscope.com



Pembina Active Living (55+)



Still Bloomin' (Garden Club)

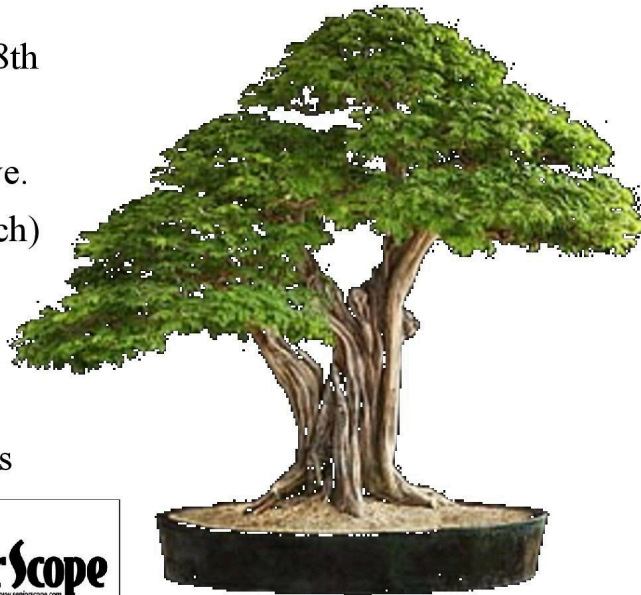
A Pictorial Tour of Bonsai: Using Local Trees

Wednesday, May. 28th
1:00pm-2:30pm
933 Summerside Ave.
(Trinity United Church)

Drop-IN Fee:

\$2.00 - Members

\$5.00 -Non-Members



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Pembina Active Living (55+)

Take 5 - Day Program

Drive a Senior, Change a life, Fight isolation!

We're looking for Volunteer Drivers to help older adults attend our Take 5 day program - a vital space for connecting isolated seniors.



- **Weekly Tuesdays**
- **Time - 9:30AM drop off & 2:00PM pick up from the PAL Office at 933 Summerside Ave.**
- **Between the months of Sept.-June.**
- **\$15/per day per participant**
- **Helping Older Adults feel seen & supported**

A few hours a week can make a world of a difference! Join us in bringing the community to those who need it most!

Interested? Contact our Operations Manager, Renée Vincent at (204)946-0839 or at programs@pal55plus.ca





Pembina Active Living (55+)

Formally invites you to our

ANNUAL GENERAL MEETING (AGM)

Participate in our 2025 Annual General Meeting as we reflect on the past year, share updates and look ahead to what's next for PAL (55+).

It's a great opportunity to stay informed, ask questions, and connect with fellow PAL's members and supporters!

SAVE THE DATE!

Tuesday, June 24th 2025 from 1:00-2:00pm

933 Summerside Ave. (Trinity United Church)

Meeting will be held in the basement of the church.

Elevator access is available for your convenience.

Everyone is welcome - we'd love to see you there!

To Register:

Call: (204)946-0839 or Email:
programs@pal55plus.ca

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Pembina Active Living (55+) Call for Nominations PAL (55+) Board of Directors 2025-26

Pembina Active Living (55+) is inviting Nominations and/or Expressions of Interest for people to serve on the 2025-26 Board of Directors. The Board is responsible for the financial and operational governance of PAL (55+).

3-Step Process for PAL (55+) Elections

Step 1. Nominations

Members wishing to serve on the Board of Directors can be self-nominated or nominated by a PAL (55+) member (with the nominee's approval). Nomination forms can be found on our website or are available from the PAL (55+) Office.

Please submit completed application forms to the Nominations Chair, Janice Butcher, at janice.butcher@umr.umnitoba.ca or at the PAL (55+) Office. Please contact the Chair if you have any questions about the process.

Deadline for submitting nominations is June 13, 2025

Step 2. Election of PAL (55+) Board of Directors

Elections will take place at the PAL (55+) Annual General Meeting
Tuesday, June 24, 2025 at 1:00 pm.

PAL members present at the AGM elect the nominated slate of 2025-26 Board of Directors.

Step 3. Election of PAL (55+) Executive Committee

According to the PAL (55+) Bylaws, after the close of the AGM, the newly elected Board members meet in a special meeting to elect the four Executive positions for 2025-26:

President, Vice-president, Treasurer, and Secretary. The results of the Executive election will be posted in the E-blast and on the website.

We encourage PAL (55+) members to consider serving on the Board of Directors. We need a strong and diverse Board to govern PAL (55+).

Orientation and assistance will be provided for members new to the Board.

A copy of the PAL (55+) Bylaws regarding Elections can be found on the website <https://pal55plus.ca> under the "About Us" menu heading (Bylaws #7.01-7.04)



PAL Monthly Bingo Fundraisers

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



LGCA 5030-BI-46601

Alzheimer's Support Group for Care Partners

Join us for support through your journey caring for your loved one living with Alzheimer's/Dementia.

Free to join

Once a month from 11am – 12pm

Dates: Mondays, April 28th, May 26th
and June 16th

933 Summerside Ave.
(Trinty United Church)

Painting with Arlene Enns

Come work on your painting with your PALS

Dates: Wednesdays, May 7th & 21st,
June 4th & 18th (four classes)
from 1pm – 3pm

Cost: \$65.00 per person

Must provide own painting supplies

933 Summerside Ave.
(Trinty United Church)

Drop-In Bridge

Come learn how to play bridge with our volunteers who will guide you through the game

Weekly Thursdays from 9:30am – 11:30am

933 Summerside Ave.
(Trinty United Church)

Join us at PAL (55+)

PAL Café & Games

Join us for coffee and treats, visit with your PALS, or play a game of Canasta, Scrabble, Dominos or Cards

Weekly Wednesdays from 1pm – 3pm

Drop-In Fee: \$2.00 Members / \$5.00 Non-Members

Coffee and Treats available: \$1.00 - \$2.00

933 Summerside Ave.
(Trinty United Church)





MAY PAL PRESENTS

Tuesdays, from 1pm-2pm

933 Summerside Ave. (Trinity United Church)

May. 6th - Winnipeg Transit Info. Session

Restructuring of the new bus routes & introduction of the on **Demand Bus Service**.

May. 13th - "*Shakin' All Over: When Winnipeg Community Clubs Rocked?*" with John Einarson

Stories and history of Winnipeg Community Clubs

May. 20th - Winnipeg Chinese Senior Association Cultural **Tai Chi** Presentation & Demonstration

Learn about the history of Tai Chi and get the opportunity to try Tai Chi yourself with a guided demonstration

May. 27th - Always Write Group

Listen to inspiring stories written by PAL (55+) Always Write Group

COST FOR DROP-IN

\$2.00 - Members

\$5.00 - Non-Members

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**MANITOBA
MASTER GARDENER
ASSOCIATION**

Garden Tour 2025

**Saturday
July 19
9 am to 4 pm**

**Be inspired by
exceptional
gardens around
Winnipeg
and chat with
Master Gardeners
and Tour Hosts**



Tickets \$20.00

**For tour details and
locations to purchase tickets, visit
www.mgmanitoba.com**

Don't miss your chance to join the Master Garden Tour for 2025
and enjoy the event with your PALs.

To register, contact the office at (204) 946-0839 or at
programs@pal55plus.ca




Pembina Active Living (55+)

Folklorama

3 Pavilions VIP Tour

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

Wednesday, August 6th 2025

6:45pm showtime – The Mabuhay Philippines Pavilion

8:15pm showtime – Tamil Pavilion

9:45 showtime - Egyptian Pavilion

The cost of this package is \$90.00 per person

Payment must be received in order to secure your spot!

VIP Package Includes the following:

- Visit 3 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 Appetizer and a cultural alcoholic beverage
- At the second Pavilion your group will receive a Meal and a cultural alcoholic beverage
- At the third 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
933 Summerside Ave. (Trinity United Church)**

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

Please note PAL (55+) members get priority, and are welcome to
bring 1 non-member as a guest.
PAL Members must register by **June. 30th.**
If spots are still available, non-members are welcome to register
for the event on **July 2nd.**



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How to RETIRE and CHOOSE www.seniorscope.com

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COMMUNITY ANNOUNCEMENTS

Take note:

Older adults are at increased risk of heat illness: KNOW THE SIGNS

HEAT EXHAUSTION

- Faint or dizzy 
- Excessive sweating 
- Cool, pale, clammy skin 
- Rapid, weak pulse 
- Nausea or vomiting 
- Muscle cramps 



HEAT STROKE

-  Throbbing headache
-  May lose consciousness
-  No sweating
-  Fast, strong pulse
-  Nausea or vomiting
-  Red, hot, dry skin
-  Body temperature above 103F or 39C

Increased
Risk for
Older Adults

- The body's cooling systems may not work as well for older adults.
- Some health issues can increase risk of heat related illness such as: breathing, heart and kidney problems and cognitive impairment, and some medications.
- People who live in long term care can be at increased risk because they spend less time outside and do not adjust to the changing temperatures of the season as a result.



Tips to Stay Safe

- Check the weather and prepare for it
- Drink throughout the day before you feel thirsty - Water is great but not the only option - fruit, jello and popsicles also hydrate, and drinks with caffeine **do not** dehydrate you but may not provide as much nutrition as other options
- Reduce activities in the heat
- Wear a hat, sunglasses and sunscreen
- Plan outdoor activities for cooler times of the day
- Use a fan, open windows at night, draw blinds in the heat of the day
- Use air conditioning if you have it
- Take a bath or shower

WRHA Continuing Care Program 2023



HERITAGE WINNIPEG PRESENTS

DOORS OPEN

PORTES OUVERTES

22ND ANNUAL

MAY 24 & 25, 2025

FREE EVENT!



Registration opens Saturday, May 17th at noon!



<https://doorsopenwinnipeg.ca/>

Urban Retreats

Self-Guided Tour of Gardens in Deer Lodge

Garden Tour

Tea, Craft & Plant Sale

Saturday, June 21, 2025

10:00 am — 4:00 pm

Tour Tickets \$20

Online at 1JustCity.ca

or at any of these Garden Centres

- Country Roots Market & Garden
- Jensen's Nursery & Garden Centre
- Lacoste Garden Centre
- Ron Paul Garden Centre
- St. Mary's Nursery & Garden Centre
- Schriemers Market Centre
- Shelmerdine Garden Centre

On tour day: Prairie Spirit United Church (207 Thompson Dr)

**Manitoba Tea,
Craft & Plant Sale \$5**

(10:00 — 2:00)

Prairie Spirit United Church
207 Thompson Dr.

Ask a Master Gardener
Home Baking
Fresh Bannock



In support of

gardentour@1JustCity.ca
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1JustCity.ca

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FINANCIAL GROUP INC.

Garden Tour 2025 | 1JustCity




Become a SpacesShared host, and house a student while supplementing your income!

Scan the QR Code





www.spacesshared.ca




Are you looking to rent your spare bedroom to a student safely?

GET IN TOUCH

 (833) 766-6329

 customersuccess@spacesshared.ca



www.spacesshared.ca




What is homesharing

Renting a spare bedroom in your home, and sharing common areas like your kitchen and bathroom.

Psst... you don't have to cook for your guest. 




"The more options we have for housing the better"
Karen (Host)





Who chooses homesharing with SpacesShared?




Anyone who seeks personal independence, flexibility and benefits like:

- Extra income
- Help around the house
- Social connections
- Giving back to your community
- Help finding a guest who's a good fit
- Choosing guest stay duration







We are a team of people utilizing our online platform to match, connect, and support people interested in safe homesharing

-  Each host has an individual profile and listing
-  Compatibility scores help predict a successful homeshare match
-  In-platform messages and video chats let you meet and discuss your unique preferences before renting your room
-  Our customer success team are available to assist you.

What about Safety?

-  ID verification and background checks
-  Only eligible students can contact you; all communications happen within the secure SpacesShared platform
-  Homeshare agreement and payments handled within the platform
-  We stay in touch from hello to goodbye!



Looking for something to do this summer? Come join the

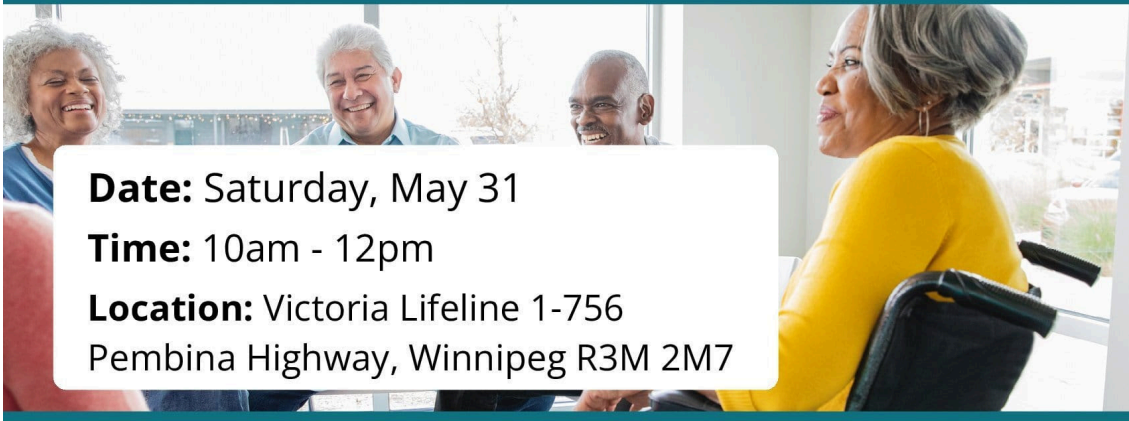
Crescent Drive Friday Ladies Golf League

We golf every Friday, starting at the beginning of May until the end of September

Start time: 8:00 am
Crescent Drive Golf Course
781 Crescent Dr.

For more information,
Please call Lorraine at 204 261-8413

Join us for a **FREE Aging in Place Workshop** for Caregivers and Older Adults!



Date: Saturday, May 31
Time: 10am - 12pm
Location: Victoria Lifeline 1-756
Pembina Highway, Winnipeg R3M 2M7

Come and learn valuable information to help you navigate the challenges of aging and caregiving. Connect with others who understand your journey and gain important insights from our **expert speakers** to improve the quality of life for older adults. Don't miss out on this opportunity to learn, share and grow together!



Vicki Russenholt

Vicki is an accredited fall prevention educator who has worked with Victoria Lifeline for 12 years. She is a passionate advocate for older adults and brings years of experience as a family caregiver, board member of a PCH and former homecare business owner to help people lead safe and independent lives.



Maggie Clarke

The founding principal of ExecuCare Executor Assistance Services, Maggie has more than 20 years of experience in the financial services and insurance industries. Her background, as well as her education and know-how, provide unique expertise to help caregivers and their loved ones.

Space is limited! Register online or call 204-956-6779 to reserve your spot today!

Light refreshments & fresh baked goods provided by **Cottage Bakery**

Scan to register



*This workshop is for informational purposes only and is not intended for business solicitation or sales.

You don't know what you don't know Understanding the Resources in Your Caregiver Toolkit

Date: Sat. May 31

Time: 10 -12 pm

Location: 1-756
Pembina Highway

Who should attend?

- Caregivers
- Spouses
- Adult Children
- Caregivers

Register Now for the
Free Workshop
204-956-6779 or
register online



- Are you aware of the resources available to manage the challenges of caregiving?
- What is the appropriate housing option for your loved one?
- How to be the best advocate for your loved one, navigating the health care system.
- What to plan in advance for financial & estate preparation.
- How to avoid some common pitfalls of estate planning.

Includes a Take Home Package to Guide Your Next Steps

It may be your fist time, but it's not ours...Hear from the experts!



Vicki Russenholt

Vicki is an accredited fall prevention educator who has worked with **Victoria Lifeline** for 12 years. She is a passionate advocate for older adults and brings years of experience as a family caregiver, board member of a PCH and former homecare business owner to help people lead safe and independent lives.



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Light refreshments & fresh baked goods provided by *Cottage Bakery*

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SPECIAL OLYMPICS MANITOBA
SUMMER GAMES
WINNIPEG 2025

VOLUNTEERS NEEDED!

SPECIALOLYMPICS.MB.CA

THE SPECIAL OLYMPICS MANITOBA PROVINCIAL SUMMER GAMES ARE BACK FROM JUNE 20-22 IN WINNIPEG. WE NEED VOLUNTEERS TO HELP WITH A VARIETY OF ROLES TO HELP US DELIVER A QUALITY SPORT EXPERIENCE FOR OUR ATHLETES! WE HAVE OPPORTUNITIES FOR:

- Opening Ceremonies
- Healthy Athletes
- Sport Venues
- and more!

More info here!



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for Older Adults?**

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Support Services for Older Adults

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