



Pembina Active Living (55+)

SUMMER 2025 PROGRAMS

Program registration can be done in-person until **Tuesday, June. 24th**

After Wednesday, June. 25th registration may be done by phone, email or mail.

Physical Address: 933 Summerside Ave. Winnipeg, MB, R3T 4Y1 - Trinity United Church

Mailing Address: PO Box 34056 Fort Richmond PO. R3T 5T5

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

Website: www.pal55plus.ca **Facebook:** pal55plus **Instagram:** pal55plus

Office Hours:

Monday-Thursday: 9:00 am – 3:00 pm

***Please note** the PAL (55+) office will close **Wednesday, June. 25th** for the summer months. Staff will be available by phone and email during this time. The office will reopen in September.

Office Open:

Monday & Thursday: 9:00 am – 12:00 pm *Staff Available by email or phone* 12:00pm -3:00pm

Tuesday & Wednesday: 9:00 am – 3:00 pm

Payment Options:

- E-transfer to treasurer@pal55plus.ca
- Cheques payable to PAL (55+)
- NO POST-DATED CHEQUES WILL BE ACCEPTED.
- **Program Fees include GST.**
- Payment confirms your registration

PAL (55+) reserves the right to cancel any class that does not meet the minimum registration requirements.

A full refund will be issued.

Please Note:

1. For **ALL** programs, you must register to be a PAL (55+) member, unless otherwise stated.
3. You must fill out a program registration form for all programs you want to participate in.

LET'S BE PALS!

MONDAY

PAL PUTTERS – 9 HOLE GOLF

Dates: Weekly Mondays, May. 5th – Sept. 29th (*Excluding Holidays)
Time: 8:00 am - Tee off time
Location: Southside Golf Course – 2226 Southside Rd. Grand Point, MB
Cost: \$5.00 Registration Fee. & Green Fees
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Craeg Parker Email: craegparker@mymts.net

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

PAL CARES

Dates: 2nd Monday of the Month (excluding holidays)
July. 14th & Aug. 11th
Time: Varies on Volunteer shift scheduled
Location: Trinity United Church – 933 Summerside Ave. / Offsite
Cost: FREE
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Information: Monthly email will be sent out by Renée for the program
Please advise if your able to carpool to PAL Care Volunteer Programs Offsite

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

ALZHEIMER'S SUPPORT GROUP FOR CARE PARTNERS

Dates: 3rd Monday of the Month (July. 21st & Aug. 19th)
Time: 11:00 am – 12:00 pm
Location: Pembina Trail Library
Cost: Free – All welcome. Any caregiver supporting a loved one with Dementia.
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Darlene Yeske

TUESDAY

MEN'S CASUAL BREAKFAST

Dates: Weekly Tuesdays (ongoing)
Time: 8:30 am
Location: Aaltos in the Canad Inns - 1824 Pembina Hwy.
Cost: Individual pays
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Dale Shantz (204) 679-5210

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

OLDER ADULT WEIGHT TRAINING

Dates: Weekly Tuesdays, July. 8th – Aug. 26th (8 classes)
Time: 9:15 am – 10:10 am
Location: Online
Cost: \$65.00 /per member
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Monique Bohemier
Information: All levels welcome.

WEDNESDAY

PAL PEDALLERS CYCLING GROUP

Dates: Weekly Wednesdays May. 21st – Sept. 24th
Time: 10:00 am – 12:00 pm
Location: Various Locations
Cost: \$5.00 Registration Fee
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Jerry Johnstone jerry.johnstone@icloud.com
Must register and be a PAL (55+) member

FRIDAY

OLDER ADULT WEIGHT TRAINING

Dates: Weekly Fridays, July.11th – Aug.29th (8 classes)
Time: 9:15 am – 10:10 am
Location: Online
Cost: \$65.00 / per member
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Monique Bohemier
Information: All levels welcome.

PAL WALKING/HIKING GROUP

Dates: Weekly Fridays, Jun. 13th – Aug. 29th (12 weeks)
Time: 10:00 am - 12:00 pm
Location: Various Locations
Cost: \$5.00 Registration Fee
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Jerry Johnstone jerry.johnstone@icloud.com

LUNCHPALS - OUTINGS

Dates: Last Wednesday of the month (July. 30th & Aug. 27th)
Time: 11:30 am
Location: Various Restaurants
Cost: Individual pays for own lunch
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca or lunchpals1@gmail.com
Convener: Marla Olynik – lunchpals1@gmail.ca
Must register and be a PAL (55+) member.

SAVE THE DATES

Folklorama VIP Tour 3 Pavilions

Date: Wednesday, August 6th

Pavilions: 6:45pm Philippines 8:15pm Tamil & 9:45pm Egyptian

Cost: \$90.00/ per person

Includes: Entrance Fee, Transportation & Food at each Pavillion

PAL's Picnic

Date: Tuesday, August 19th

Time: 11:00AM – 2:00PM

Location: St. Vital Park – Aspen / Oak Picnic Shelter

Membership & Program Registration, Food, 50/50 Raffle, Yard Games & YOUR PAL's!



For More Details on Upcoming Programs

- Details will be communicated in the weekly e-blast
- Visit our website at pal55plus.ca for updates
- Follow us on Facebook or Instagram [@pal55plus](https://www.instagram.com/pal55plus)
- Call or Email the PAL (55+) office

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

