

SUMMER PROGRAM DESCRIPTIONS

Monday

PAL PUTTERS – 9-HOLE GOLF

Do you love golfing? Then join your PALs Monday mornings for a game of 9-hole golf. PAL Putters meet at 9 am at Southside Golf Course, 2226 Southside Road, Grand Point, MB. Meet new friends who enjoy golf as much as you do and get a chance to practice your swing.

PAL CARES

PAL CARES is a program that provides volunteer services to organizations in Winnipeg, on the 2nd and 4th Monday (excluding holidays), for 1-4 hours per program. The Convener will send out an email announcing each month's PAL Care details including date, time and location details of the project for the month. Arrangements can be made for transportation if necessary.

Some of the organizations PAL (55+) partners with are Siloam Mission, Winnipeg Shoebox Project, Willow's Place, Southeast Personal Care Home, Winnipeg Harvest & A&O Support Services.

**Please note times may vary depending on volunteer opportunity scheduled time.*

ALZHEIMER'S SUPPORT GROUP FOR CARE PARTNERS

This support group is FREE to attend and meets monthly on the 3rd Monday of the month (excluding holidays). This group is partnered through the Alzheimer's Society of MB. It's a safe space for anyone caring for a loved one living with Alzheimer's or Dementia. It is a supportive environment where you can feel that you are not alone and that others may be having similar experiences to your journey. Caregivers need support too, and we are here for you.

Tuesday

MEN'S CASUAL BREAKFAST

PAL male members get together to have coffee or breakfast at Aalto's Restaurant, 1824 Pembina Hwy. Meet a group of great gentlemen, make a new friend or bring a friend for a delicious breakfast. Meals are paid by the individual.

OLDER ADULT WEIGHT TRAINING

In this 55-minute online exercise class, our instructor begins with a warm-up, followed by resistance training with resistance bands, free weights or your own body weight and then we finish with a stretch. Balance exercises are always incorporated, but it's not the main focus. There are no drop-ins allowed in this class as it gets full at around twenty people. Please note that this is an online class through Google Meet, and all levels are welcome.

Wednesday

PAL PEDALLERS CYCLING GROUP

PAL has 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, PAL tries to consider destination points such as Fort White Alive and the Forks, as well as local parks and greenspaces.

Friday

PAL WALKING/HIKING GROUP

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.
