

FALL PROGRAM DESCRIPTIONS

Monday

ESL CONVERSATION CIRCLE

Our volunteer ESL teachers will give you a safe space to practice your English-speaking skills. Through guided conversation topics or learning the basic English vocabulary. This program meets every Monday morning from 9:30 am to 11:30 am (except holidays). All levels are welcome. Program takes place in the basement of Trinity United Church.

MUSCLE STRENGTH FITNESS

Participants in this fitness class will enjoy a full body workout to improve muscular strength and build endurance. Focus will be on functional exercises that strengthen and train your muscles to perform activities of daily living. A variety of portable equipment such as resistance bands and hand weights will be used along with body weight exercises. The components of this one hour class includes warm-up, cardio, resistance training, stretching, balance, and cool down. Participants will enjoy a social non-competitive environment. Modifications and alternate exercises will be provided. All levels welcome. Participants will be provided resistance bands, however it is encouraged that participants purchase their own. For core exercises, participants need to bring their own yoga mat if they can get down on the floor. For participants who are unable to get down on the floor these exercises will be modified for participants who need a chair. Hand weights (dumbbells) will be provided.

PAL CARES

PAL Cares is a program that provides volunteer services to organizations in Winnipeg such as Siloam Mission, Winnipeg Shoebox Project, Willow's Place, Southeast Personal Care Home, Winnipeg Harvest & A&O Support Services. We meet 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 Cares details including date, time and location, of the project for the month. Arrangements can be made for transportation if necessary.

**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.

PAL/FGMBC MIXED 55+ PICKLEBALL (Session 1 - Intermediate)

This popular pickleball class is aimed for those at the higher-intermediate level of the game. We will play this tennis-like sport indoors at the Fort Garry Mennonite Brethren Church on Pembina Highway. The rules are simple, and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.

ENHANCING SOCIAL CONNECTIONS

This program is organized and run by volunteers for those seniors who are isolated living in the community. We will begin the day serving coffee and treats around 9:30 am. After that, we will help move participants to the sanctuary for exercises with Maryann, most of which can be done while sitting. We will then have an activity before lunch. At 1 pm, there will be “*PAL Presents*” which is open to the community. We have various guest speakers, cultural presentations and entertainment. This program includes transportation to and from the facility.

SENIORS FITNESS

Our instructor will guide you through low intensity stretching and various exercises to pleasant music. Everyone is required to bring their own mats, resistance bands and water bottle. Various weights are provided for the class, however a limited number are available.

PAL/FGMBC MIXED 55+ PICKLEBALL (Session 2 - Intermediate)

This popular pickleball class is aimed for those at the lower-intermediate level of the game. We will play this tennis-like sport indoors at the Fort Garry Mennonite Brethren Church on Pembina Highway. The rules are simple, and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.

PAL PRESENTS

This program facilitates presentations on a variety of topics including different cultural presentations, guest speakers on health, recreation, supports/resources and travel and monthly musical entertainment. Upcoming PAL Presents events will be communicated through the weekly e-blast, social media, website or stop by the office and ask the PAL (55+) Volunteers or Staff.

MOVIEPALs/DINNER

Once a month, PAL members meet either at Grant Park or St. Vital mall for a movie and dinner afterwards. The cost of the movie and dinner is the participant's responsibility. When the email is sent out announcing the movie title and restaurant, an RSVP will be required. Please inform us if you would like to be added to that email chain.

Wednesday

RESTORATIVE THERAPY YOGA

Restorative yoga is suitable for participants of all levels, it is a restful practice that holds yoga poses for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind and encourages you to slow down and open your body through passive stretching. Through the use of props for support, many of the postures are held almost effortlessly. Because we are in a carpeted room, we recommend you bring your own yoga mats.

PINPAL's BOWLING (Non-competitive)

PinPALs typically has between 18 and 24 bowlers per week. Prior registration and membership in PAL is required. We play at Dakota Lanes in St. Vital and pay for our own games (3) and food, if desired. We typically use up to six lanes each week and Dakota Lanes has a snack bar that serves pizza, burgers and fries, popcorn, slushies, soft drinks, and coffee. We get some great exercise, meet other awesome people and bowl for the fun of it!

PAL CAFÉ & GAMES

At this cafe and games group, we offer games such as Scrabble, canasta, crib, playing cards and other games for your amusement. Alternatively, you may choose to just to hold a pleasant conversation with your friends. Coffee and snacks are provided at a small additional cost. Registration or PAL membership is not required for this drop-in program although the cost is \$2.00 for members or \$5.00 for non-members.

PAL PAINTERS

Are you an aspiring artist? Enjoy meeting people? Come join the PAL painting group OR stop in for a DROP-IN painting afternoon to work on your painting pieces with other painters! All levels are welcome. Please bring your own painting supplies, such as acrylic paints and canvas. We will meet at Trinity United Church twice a month.

PAL BOOK CLUB

Our PAL book club meets to discuss a book that has been chosen beforehand so that everyone can read it. The person who chooses the book generally leads the discussion. It is important to be signed up for this program so that you can receive our notices. Depending on the chosen literature, we will have between 8 to 20 people join in the conversation. Prior registration and PAL membership is required for this program.

STILL BLOOMIN' (GARDEN CLUB)

Folks interested in indoor or outdoor gardening meet on the last Wednesday of the month. Monthly speakers present on a wide variety of plant care topics, followed by refreshments and often door prize draws. Special activities such as making floral arrangements and tours may be scheduled.

Thursday

ALWAYS WRITE

Please join us in composing your own special literary work. Weekly theme will be sent out by the convener. Submit your writing piece to the group the following Wednesday, enjoy another stories. All writing levels are welcome. Prior registration and PAL membership is required for this program.

DROP-IN BRIDGE

Don't know how to play Bridge? Not a problem! Come and learn how to play Bridge. Our volunteers will teach you, guiding you through the game to be the best bridge player you can be! The group meets weekly on Thursday mornings for two hours 9:30am to 11:30am. All levels welcome.

BINGO FUNDRAISER

Join us for a monthly Bingo fundraiser for PAL (55+). Being held the last Thursday of each month from 1:30-3:30pm at The Waverley (857 Wilkes Ave.) You will receive a booklet with 10 sheets. Each sheet has 6 cards for you to play per game. Don't miss this monthly opportunity to support PAL (55+) and have the chance to win at our monthly Bingo fundraiser!

<p>Friday</p>

OLDER ADULT WEIGHT TRAINING

In this 55 minute class, our instructor begins with a warm-up, followed by resistance training with resistance bands, free weights or your own body weight and then finishes with a stretch. Balance exercises are always incorporated, but it's not the focus. There are no drop-ins allowed in this class as it gets full at around 20 people. Please note that this is an online class through Google Meet, and all levels are welcome.

PAL/FGMBC MIXED 55+ PICKLEBALL

(Session 3 - Intermediate)

This popular pickleball class is aimed for those at the lower-intermediate level of the game. We will play this tennis-like sport indoors at the Fort Garry Mennonite Brethren Church on Pembina Highway. The rules are simple, and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.

PAL/FGMBC MIXED 55+ PICKLEBALL

(Session 4 - Intermediate)

This popular pickleball class is aimed for those at the novice/ intermediate level of the game. We will play this tennis-like sport indoors at the Fort Garry Mennonite Brethren Church on Pembina Highway. The rules are simple, and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.

LUNCHPALS

Members meet on the last Friday of the month at a restaurant chosen ahead of time. The cost is paid by the member. Typically, the crowd size is about 10-15. You must be a PAL member and register to receive an email. An RSVP is required to ensure that the restaurant can plan for the number of people.
