



Pembina Active Living (55+)

Membership Application: September 1st, 2025, to August 31st, 2026

Returning Member New Member **Membership Fee:** \$30.00 per person

Payment Method Cash Cheque - payable to Pembina Active Living (55+)

E-transfer – payable to treasurer@pal55plus.ca

First & Last Name: _____

Email: _____

Phone Number: (H) _____ **(C)** _____

Address: _____

City: _____ **Postal code:** _____

Gender: F _____ M _____ **Date of Birth (optional):** _____

How did you hear about PAL (55+)?

___ Community Event ___ Family/Friends/Members ___ Social Media ___ Posters

___ MASC (Manitoba Association of Senior Communities) ___ Doctor/Health Care

Would you be interested in volunteering with PAL (55+)? Please specify your interest:

___ Office ___ Fundraising ___ Outreach/Membership ___ Programs ___ Special Events

I understand...

- Membership Fees are non-refundable and will NOT be pro-rated.
- Membership is not transferable to another person.
- PAL (55+) is committed to protecting the privacy or my personal information in accordance with the Personal Information & Electronic Documents I give.

AUTHORIZATION: I hereby grant PAL (55+) and its representatives the right to take and use photographs, videos, and audio recordings for any lawful purpose including publicity, advertising, promotions, web content, public displays, and exhibits. The full disclaimer can be viewed on our website (www.pal55plus.ca) or at the PAL (55+) office.

I AGREE to receive by email PAL (55+) newsletters, e-blast updates and promotions regarding events and programs of interest. I can withdraw consent at any time.

Office Address: 933 Summerside Ave. (Trinity United Church)

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

Email: office@pal55plus.ca

Phone: (204)946-0839

Website: www.pal55plus.ca



Pembina Active Living (55+)

Program Registration Form

Program Name List all classes and Drop-Ins	Day of the week	Start Date	Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
TOTAL COST:			

Payment: Cash Cheque - payable to PAL (55+) E-transfer - treasurer@pal55plus.ca

Please Note Disclaimers:

- **Program Cancellation:** PAL (55+) reserves the right to cancel, change or alter any programs due to insufficient registration or any other unforeseen circumstances.
- **Program DROP-IN's:** Members are **LIMITED to TWO DROP-IN** programs per session. 1st Drop-In is FREE; 2nd Drop-In is half price (to try out programs) then member must pay full program cost to continue with program.
- **Program Refunds:** **1.** Members will be refunded for the program if cancelled. **2.** Members cancelling within two weeks of programs start date will be refunded 50% of the program cost; after 4 weeks, there is no refunded, unless it is due to injury or illness (must be reviewed and approved by PAL (55+) Operations Manager)
- **DISCLAIMER:** **1.** I will hold harmless PAL (55+) and its representatives against all claim(s) for damages or injuries known or unknown arising out of, or in connection with, the activities of any, or all of PAL (55+) Programs. **2.** Please inform instructor/convener of any existing medical conditions that may affect your participation in the program. **3.** Please check with your health care professional before participating in any active programs.

<p>I _____ understand and agree with the above disclaimers.</p> <p style="text-align: center;">(Full Name – Printed)</p>	
<p>_____</p> <p style="text-align: center;">(Signature)</p>	<p>_____</p> <p style="text-align: center;">(Date)</p>

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