



Pembina Active Living (55+)

FALL 2025 PROGRAMS

Program registration can be in-person, by email or mail.

Program Registrations will be accepted Tuesday, August 19th starting at 11:00am

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

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

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

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

Office Hours:

Monday-Thursday: 9:00 am – 3:00 pm

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

Please Note:

- **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 refund, 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/convenor 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.

LET'S BE PALS!

MONDAY

ESL CONVERSATION CIRCLE

Dates: Weekly Mondays, Sept. 15th – Dec. 8th (12 weeks) * **No class Oct. 13th Thanksgiving**
Time: 9:30 am – 11:30 am
Location: Trinity United Church – 933 Summerside Ave. (Chapel – Basement)
Cost: \$2.00 Drop-In FEE
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Diane Goltz & Joann Sauvé

MUSCLE STRENGTH FITNESS (PREVIOUSLY VARIETY FITNESS)

Dates: Weekly Mondays, Sept. 15th – Dec. 8th (12 weeks) * **No class Oct. 13th Thanksgiving**
Time: 9:30 am – 10:30 am
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: \$76.00/per member (Minimum of 14 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Suni Matthews
Information: All levels welcome.

Please bring own mats and resistance bands. Weights are provided; limited bands available.

PAL CARES

Dates: 2nd Monday of the Month (excluding holidays)
Sept. 8th, Oct. 6th, Nov. 10th & Dec. 8th
Time: Various Times
Location: Trinity United Church – 933 Summerside Ave. / Offsite
Cost: \$10 Admin Fee – Registration for the year
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Information: Monthly email will be sent out by convener for the program
Please advise if you're able to carpool to PAL Care Volunteer Programs Offsite

ALZHEIMER'S SUPPORT GROUP FOR CARE PARTNERS

Dates: 3rd Monday of the Month (excluding holidays)
Sept. 15th, Oct. 20th, Nov. 17th & Dec. 15th
Time: 11:00 am – 12:00 pm
Location: Trinity United Church – 933 Summerside Ave.
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: \$10 Admin Fee – Registration for the year (Individuals pay for own meal)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convenor: Dale Shantz (204) 679-5210

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

OLDER ADULT WEIGHT TRAINING

Dates: Weekly Tuesdays, Sept. 16th – Dec. 9th (12 classes) * No Class Nov. 11th Remembrance Day
Time: 9:15 am – 10:10 am
Location: Online
Cost: \$70.00 /per member (Minimum of 15 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Monique Bohemier
Information: All levels welcome.

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

Dates: Weekly Tuesdays, Sept. 9th – Nov. 25th (12 weeks)
Time: 9:30 am - 11:00 am
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$55.00/per person
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convenor: Jerry Johnstone jerry.johnstone@icloud.com
Note: Low enrollment may necessitate higher fee or cancellation. Limited spots available.
All sessions have a maximum enrolment of 23 players with any beyond that number placed on our managed wait list.

ENHANCING SOCIAL CONNECTIONS

Dates: Weekly Tuesdays Sep. 16th – Dec. 9th *No program Nov. 11th Remembrance Day
Time: 9:30 am - 2:30 pm (pick up around 9 am)
Location: Trinity United Church – 933 Summerside Ave.
Cost: \$35.00 daily or \$20.00 daily if transportation not required (Invoiced monthly)
Includes transportation to and from, snacks, lunch, and programs.
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Conveners: Maryann Koop

Program at Capacity – Request to be notified when spots are available

SENIORS FITNESS

Dates: Weekly Tuesdays, Sept. 16th – Dec. 9th (12 classes) * No class Nov. 11th Remembrance Day
Time: 11:30 am – 12:30 pm
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: \$70.00 /per member (Minimum of 15 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Eleanor Single
Information: All levels welcome.

Please bring own mats and resistance bands. Weights are provided, limited bands available.

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

Dates: Weekly Tuesdays, Sept. 9th – Nov. 25th (12 weeks)
Time: 11:00 am – 12:30 pm
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$55.00/ per person
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Jerry Johnstone jerry.johnstone@icloud.com
Note: Low enrollment may necessitate higher fee or cancellation. Limited spots available.
All sessions have a maximum enrolment of 23 players with any beyond that number placed on our managed wait list.

PAL PRESENTS

Dates: Weekly Tuesdays, Sept. 16th – Dec. 9th * No program Nov. 11th Remembrance Day
Time: 1:00 pm – 2:00pm
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: Drop-In Fee: \$2.00 for Members & \$5.00 for Non-members
Information: Presentations on a variety of topics including culture, health, recreation, supports and resources and any other topics of interest for seniors. Includes entertainment monthly.

**Upcoming topics & events will appear in the weekly E-blast,
social media or contact the office for details.**

MOVIE & DINNER PALs

Dates: 3rd Tuesday of the month
Sept. 16th, Oct. 21st, Nov. 18th & Dec. 16th
Time: Time Varies - Afternoon movie and dinner at a restaurant close by afterward
Location: Landmark Cinema Grant Park / Silver City St. Vital (Restaurant locations to follow)
Cost: \$10 Admin Fee – Registration for the year (Individuals pay for own meal)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Laurie Morris

Must register and be a PAL (55+) member

WEDNESDAY

RESTORATIVE THERAPY YOGA (Chair or Mat options available)

Dates: Weekly Wednesdays, Sept. 17th – Dec. 3rd (12 classes)
Time: 9:00 am – 10:00 am
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: \$99.00/per member. (Minimum 12 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Tally Young
Information: All levels Welcome. You can bring your own mat and get down on the floor, OR you can do yoga from the comfort of a chair. **Please Note:** Yoga is done on carpeted floor in the Sanctuary.

PINPAL's BOWLING (Non-competitive)

Dates: Weekly Wednesdays, Sept. 3rd – Dec. 10th
Time: 10:00 am – 12:00 pm
Location: Dakota Lanes
Cost: \$10 Admin Fee – Registration for the year (\$12.00 - individual pays)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Marla Olinyk 204-299-0450

Must register and be a PAL (55+) member

PAL CAFÉ & GAMES

Dates: Weekly Wednesdays, Sept. 17th – Dec. 10th
Time: 1:00 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave.
Cost: **Drop-In Fee: \$2.00 for Members & \$5.00 for Non-member**
Coffee & Snacks Individuals Pay \$1.00
Convener: Anna & Tony Zienkiewicz, Dale Shantz

PAL PAINTERS – Painting with Arlene Enns

Dates: 1st & 3rd Wednesday of the Month (6 classes)
Sept. 17th, Oct. 1st & 15th, Nov. 5th & 19th, Dec. 3rd
Time: 1:00 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: \$95.00/per person. (Minimum of 14 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Pat Opalko
Instructors: Arlene Enns
Information: Must provide own painting supplies.

Must register and be a PAL (55+) member.

PAL BOOK CLUB

Dates: 2nd Wednesday of the month Sept. 10th, Oct. 8th, Nov. 12th & Dec. 10th
Time: 1:00 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: Registration for the year **Drop-In Fee: \$2.00 for Members**
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Bea Shantz

Must register and be a PAL (55+) member.

STILL BLOOMIN' GARDEN CLUB

Dates: Last Wednesday of the month Sept. 24th, Oct. 29th & Nov. 26th
Time: 1:00 pm – 3:00 pm
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: Registration for the year **Drop-in Fee: \$2.00 for Members & \$5.00 for Non-members**
Convener: Sandra Lehman

THURSDAY

ALWAYS WRITE

Dates: Weekly Thursdays Sept. 18th – Nov. 13th
Time: Theme sent out weekly Thursdays.
Send in your writing piece to the group by the following Wednesday.
Location: Online
Cost: \$10 Admin Fee – Registration for the year
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Linda Mozol
Information: All writing levels welcome.

Must register and be a PAL (55+) member.

DROP-IN BRIDGE

Dates: Weekly Thursdays Sept. 18th – Dec. 11th
Time: 9:30 am– 11:30 am
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)
Cost: \$10 Admin Fee Registration for the year
Drop-In Fee: \$2.00 for Members & \$5.00 for Non-members
Convener: Ron Wood & Roma Falsarella
Information: Come learn how to play Bridge, our volunteers will teach you! All levels welcome.

PAL (55+) BINGO FUNDRAISER

Dates: Last Thursday of the month, Sept. 25th, Oct. 30th & Nov. 27th
Time: 1:30pm – 3:30pm Doors Open at 1:00pm
Location: The Waverley & Rosewood – 857 Wilkes Ave.
Cost: \$20.00 per booklet, 6 cards per game, 10 games – CASH ONLY (Pay at Door)
Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Information: All Welcome.

FRIDAY

OLDER ADULT WEIGHT TRAINING

Dates: Weekly Fridays, Sept. 19th – Dec. 5th (12 classes)
Time: 9:15 am – 10:10 am
Location: Online
Cost: \$70.00 / per member (Minimum 15 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Monique Bohemier
Information: All levels welcome.

PAL/FGMBC MIXED 55+ PICKLEBALL (Session 3 - Intermediate)

Dates: Weekly Fridays, Sept. 12th – Nov. 28th (12 weeks)
Time: 9:30 am - 11:00 am
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$55.00/ per person
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Jerry Johnstone jerry.johnstone@icloud.com
Note: Low enrollment may necessitate higher fee or cancellation. Limited spots available.
All sessions have a maximum enrolment of 23 players with any beyond that number placed on our managed wait list.

PAL/FGMBC MIXED 55+ PICKLEBALL (Session 4 - Intermediate)

Dates: Weekly Fridays, Sept. 12th – Nov. 28th (12 weeks)
Time: 11:00 am - 12:30 pm
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway
Cost: \$55.00/ per person
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Jerry Johnstone jerry.johnstone@icloud.com
Note: Low enrollment may necessitate higher fee or cancellation. Limited spots available.
All sessions have a maximum enrolment of 23 players with any beyond that number placed on our managed wait list.

LUNCHPALS

Dates: Last Friday of the month Sept. 26th, Oct. 31st, Nov. 28th & Dec. (TBA)
Time: 11:30 am
Location: Various Restaurants
Cost: \$10 Admin Fee Registration for the year (Individual pays for own lunch)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Marla Olinyk – lunchpals1@gmail.com

Must register and be a PAL (55+) member.



SAVE THE DATES UPCOMING LARGE EVENTS

Fall Gala Fundraiser – Thursday, October 16th

Holiday Party – December 2025 (Details TBD)

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)
- Visit the PAL (55+) during office hours

