



THE PAL PULSE

Fall Edition 2025

September, October, November & December

Pembina Active Living (55+)

“Enhancing the lives of older adults”



Declaration:

“That Pembina Active Living (55+) operates on the original lands of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Metis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and the mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.”

**NEW Office Hours:
Monday-Thursday
9:00 am – 3:00 pm**

In Office Hours:

Mondays: 9 am – 1 pm
Tuesdays: 9 am – 3 pm
Wednesdays: 9 am – 3 pm
Thursdays: 9 am – 1 pm

Mondays & Thursdays
1 pm – 3 pm

Staff can be contacted by phone or email during this time

OFFICE CLOSED:

September 1st - Labour Day
October 13th - Thanksgiving Day
November 11th - Remembrance Day

TRINITY UNITED CHURCH
933 Summerside Ave.
Winnipeg, MB R3T 4Y1

PAL (55+) Weekly E-blast circulates Fridays with upcoming programs, events & information.



Upcoming Events:

Fall Gala October. 16th

Holiday Party December 11th

Pembina Active Living 55+

Fundraising Gala



This special evening is to raise funds to enhance the lives of older adults living in South Winnipeg.



A stunning event at a beautiful venue, creative food with tastefully chosen wines. The special touch of beautiful local music make this a wonderful evening to share with friends.

**OCT 16, 2025
7:00pm-9:00pm
The Waverley
857 Wilkes Ave.**



Tickets are available at the PAL Picnic—Aug 19th or contact the PAL(55+) Office
Phone: 204-946-0839 Email: office@pal55plus.ca

\$50 Minimum Donation With \$25 tax receipt





**Fort Garry
Seniors Resource
Finder**

Information and Referral Hub

Let us help you find the
information you need and
point you in the right
direction - connecting you
to community resources.

Seniors Resource Coordinator
204-956-6440

Email:
intake@aosupportservices.ca

Website:
www.aosupportservices.ca

Board Executive 2025

President	Fred Pennell
Vice President	Mohamed Ismath
Treasurer	Dr. Susan Sukhan
Secretary	Suni Matthews
Director	Pat Opalko
Director	Janice Butcher
Director	Bob Newman
Director	Birgit Hall
Director	Sherri Helgason

PAL (55+) Staff

Operations Manager

Renée Vincent
programs@pal55plus.ca
(204) 946-0839

Administrative Assistant

Marsha Palansky
office@pal55plus.ca
(204)946-0839

PAL (55+) Street Address:

933 Summerside Ave.
Winnipeg, MB R3T 4Y1

Mailing Address:

PO Box 34034, RPO Kenaston,
Winnipeg, MB R3T 5T5

PAL (55+) Office Hours:

September – June
Monday – Thursday
9:00am – 3:00pm

Office Hours:

Mondays: 9am – 1pm
Tuesdays: 9am – 3pm
Wednesdays: 9am – 3pm
Thursdays: 9am – 1pm

Mondays & Thursdays
1pm – 3pm

**Staff can be contacted by phone
or email**

***PLEASE NOTE CHANGE IN MEMBERSHIPS:

PAL (55+) Membership Rates 2025

September 1st 2025 – August 31st 2026

Individual : \$30/per year


Pembina Active Living (55+) September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOUR DAY	2 8:30 Men's Casual Breakfast (Altos)	3 10:00 PAL Peddlars 10:00 PINPAL's (offsite)	4 	5
8 PAL OFFICE OPEN 8:00 PAL Putters (Golf) PAL Cares	9 8:30 Men's Casual Breakfast (Altos) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)	10 10:00 PAL Peddlars 10:00 PINPAL's (offsite) 1:00 Book Club: <i>Any Book by Author Mitch Albom</i>	11 	12 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
15 PROGRAM START! 8:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:00am Alzheimer's Support Group for Care Partners	16 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: Historical Presentation - Greg Agnew Dinner & Movie PAL's	17 10:00 PAL Peddlars 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 PAL Painters: Arlene	18 9:30 Always Write Group (online) 9:30 Drop-In Bridge	19 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
22 8:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle	23 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: Musical Entertainment - Tommy Moore	24 10:00 PAL Peddlars (Cycling) 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 Still Bloomin': <i>Outing Botanical Bounty Walk (Assiniboine Park)</i>	25 9:30 Always Write Group (online) 9:30 Drop-In Bridge 1:30 BINGO FUNDRAISER 857 Wilkes Ave. The Waverley	26 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite) 11:30 Lunch PAL's (offsite)
29 8:00 PAL Putters (Golf) 9:30 Muscle Strength Fitness 9:30 Conversation Circle	30 National Day for Truth & Reconciliation (Orange Shirt Day) 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: WPG Police: Personal Safety Presentation		<div style="display: flex; align-items: center; justify-content: center;"> <div> <p>LET'S BE PAL'S!</p> <p>For more information, please contact the PAL (55+) office Phone: (204)946-0839 or Email: office@pal55plus.ca</p> </div> </div>	



Pembina Active Living (55+) October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 LET'S BE PAL'S! For more information, please contact the PAL (55+) office Phone: (204)946-0839 or Email: office@pal55plus.ca		1 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 PAL Painters: Arlene	2 9:30 Always Write Group (online) 9:30 Drop-In Bridge	3 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
6 9:30 Muscle Strength Fitness 9:30 Conversation Circle PAL Cares	7 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: Elder Abuse Awareness- Linda Tuley	8 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 Book Club: <i>TBA</i>	9 9:30 Always Write Group (online) 9:30 Drop-In Bridge	10 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
13 THANKSGIVING PAL OFFICE CLOSED 	14 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: Healthy Aging - Linda Brown	15 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 PAL Painters: Arlene	16 9:30 Always Write Group (online) 9:30 Drop-In Bridge FALL GALA The Waverley	17 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
20 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:00am Alzheimer's Support Group for Care Partners	21 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: Musical Entertainment - B-side Apostles	22 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 PAL Painters: ROCK PAINTING	23 9:30 Always Write Group (online) 9:30 Drop-In Bridge	24 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
27 9:30 Muscle Strength Fitness 9:30 Conversation Circle	28 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: Fall Prevention - Victoria Lifeline	29 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 Still Bloomin': <i>TBA</i>	30 9:30 Always Write Group (online) 9:30 Drop-In Bridge 1:30 BINGO FUNDRAISER 857 Wilkes Ave.	31 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite) 11:30 Lunch PAL's (offsite)

Pembina Active Living (55+) November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Muscle Strength Fitness 9:30 Conversation Circle	4 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents – Métis Fiddler: Ryan Spence	5 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Arlene	6 9:30 Always Write Group (online) 9:30 Drop-In Bridge	7 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
10 9:30 Muscle Strength Fitness 9:30 Conversation Circle PAL Cares	 REMEMBRANCE DAY PAL OFFICE CLOSED 11 8:30 Men's Casual Breakfast (Altos) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)	12 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 Book Club: <i>TBA</i>	13 9:30 Always Write Group (online) 9:30 Drop-In Bridge	14 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
17 9:30 Muscle Strength Fitness 9:30 Conversation Circle 11:00am Alzheimer's Support Group for Care Partners	18 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 PAL Presents – TBA Dinner & Movie PAL's	19 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Arlene	20 9:30 Drop-In Bridge	21 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite)
24 9:30 Muscle Strength Fitness 9:30 Conversation Circle	25 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 9:30 Enhancing Social Connections 11:00 Pickleball Mixed (offsite) 11:30 Seniors Fitness 1:00 HOLIDAY SHOW & SALE EVENT	26 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 Still Bloomin': <i>Christmas Centerpieces at Jensen's Nursery</i>	27 9:30 Drop-In Bridge 1:30 BINGO FUNDRAISER 857 Wilkes Ave. The Waverley	28 9:15 Older Adult Weight Training (online) 9:30 Pickleball Mixed (offsite) 11:00 Pickleball Mixed (offsite) 11:30 Lunch PAL's (offsite)

Pembina Active Living (55+) December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Muscle Strength Fitness 9:30 Conversation Circle	2 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 11:30 Seniors Fitness 1:00 PAL Presents: Musical Entertainment - Unique Quintet	3 9:00 Restorative Yoga (Chair OR Mat) 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 PAL Painters: Arlene	4 9:30 Drop-In Bridge	5 9:15 Older Adult Weight Training (online)
8 9:30 Muscle Strength Fitness 9:30 Conversation Circle PAL Cares	9 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 11:30 Seniors Fitness 1:00 PAL Presents: TBA	10 10:00 PINPAL's (offsite) 1:00 PAL Café & Games 1:00 Book Club: <i>TBA</i>	11 9:30 Drop-In Bridge HOLIDAY PARTY 	12 9:15 Older Adult Weight Training (online)
15 11:00am Alzheimer's Support Group for Care Partners	16 8:30 Men's Casual Breakfast (Altos) Dinner & Movie PAL's	17	18	19
22 PAL OFFICE CLOSED FOR THE HOLIDAYS BACK IN THE NEW YEAR STARTING JANUARY 5 TH	23 8:30 Men's Casual Breakfast (Altos)	24 CHRISTMAS EVE 	25 CHRISTMAS DAY	26 BOXING DAY
29	30 8:30 Men's Casual Breakfast (Altos)	31 NEW YEAR'S EVE Happy New Year! Cheers to 2026	<div style="border: 2px solid orange; padding: 10px;"> <p>LET'S BE PAL'S! For more information, please contact the PAL (55+) office Phone: (204)946-0839 or Email: office@pal55plus.ca</p> </div>	

Markus CHAMBERS

City Councillor for St. Norbert - Seine River

📞 204.986.5920

✉️ markuschambers@winnipeg.ca



*Proudly Supporting
our Community*



Supporting Our City
and Community

Janice Lukes

City Councillor, Waverley West Ward
Deputy Mayor, City of Winnipeg



Winter edition deadline for content and advertisements is November 3rd, 2025.

**Please contact the editor at
programs@pal55plus.ca**

**Advertisements welcome, various sizes.
Enquire about our reasonable rates.**



THANK YOU TO OUR SPONSORS

The
**Waverley &
Rosewood**
RETIREMENT LIVING

Senior Scope
News in PRINT and ONLINE: www.seniorscope.com

211 Manitoba is a free confidential service available 24 hours a day, seven days a week.

Go to MB211.ca Community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life.

Looking for **Supports**
for **Older Adults?**

Call **2•1•1**

FREE • CONFIDENTIAL • 24/7



A partnership between  Manitoba  Support Services for Older Adults

**Do you have a loved one living with Dementia/Alzheimer's?
Looking for support?**

PAL offers an Alzheimer's Support Group for Care Partners

Monthly 3rd Mon. of the Month

Fall Dates: Sept. 15th, Oct. 20th, Nov. 17th & Dec. 15th

11:00 am – 12:00 pm

Trinity United Church (933 Summerside Ave.)

All Welcome!



Pembina Active Living (55+)

BINGO'S BACK!



PAL Monthly Bingo Fundraisers

Sept. 25th, Oct. 30th, Nov. 27th

will be held the last Thursday of each month

**Don't miss your opportunity to win!
10 Games, 10 Chances of Winning!**

Doors Open at 1:00pm

Game starts at 1:30pm to 3:30pm

Location: **The Waverley - 857 Wilkes Ave**

Cash Only

Booklets are \$20.00 Includes: 6 cards & 10 games
Snacks, Drinks and Dabbers available for purchase

Limited Spots Available —To Register:

Phone: 204-946-0839 or email: programs@pal55plus.ca



LGCA 5030-BI-46601



In Loving Memory



VICTORIA "VICKI" BRUNEL

April 12, 1942 – May 6, 2025

It is with heavy hearts that we share the passing of our dear PAL and cherished member. Vicki was a warm and familiar presence in our community. Someone who brought kindness, laughter and compassion to all who had the pleasure of knowing her.

To share memories, stories and condolences with Vicki's loved ones please visit the link below

<https://www.ethicaldeathcare.com/obits/brunel-victoria>



Pembina Active Living (55+) extends a heartfelt THANK YOU for Your Generosity!

We are incredibly grateful to those who donated prizes, gifts, support and time for our PAL Picnic Event Aug. 19th, 2025. Your generosity helped our Picnic Committee to plan this fun summer event. Every contribution big or small played a part in hosting our Picnic. We appreciate the kindness and community spirit you've shown. Thank you for assisting us in creating a memorable event!

Acknowledgements...

MLA's Billie Cross & Tyler Blashko – Donation of Water Bottles
City Counsellor Janice Lukes – Donation of Ice Cream
City Counsellor Marcus Chambers – Donation of \$150.00 towards Food
Mayor Scott Gilligham – Donation of Door Prize
PAL Volunteers – Donating their time at our Picnic

BIG THANK YOU TO THE
PICNIC COMMITTEE
VOLUNTEER MEMBERS!

**DALE SHANTZ
CHERYLL MATTHES
VALERIE SLATER
MARGARET WILCOCK
BERNADETTE MCANN
CAROL KIRKLAND
PAT OPALKO
BOB NEWMAN**

ALL THE VOLUNTEER
HOURS YOU'VE PUT IN
PLANNING, ADVERTISING
& RUNNING OUR PAL
PICNIC EVENT.

IT'S GRACIOUSLY
APPRECIATED!



Photo Left-Right: Margaret Wilcock (PAL member), Valerie Slater (PAL member), Mayor Scott Gilligham, Renée Vincent (PAL Manager) & Carol Kirkland (PAL member)

Baked Goat Cheese & Fig Dip



Ingredients:

8oz. Goat cheese, sliced (10 - 11 rounds) 8 spoonful's of Fig jam
1Tbsp Hot honey 1tsp red pepper flakes
1 Top with craisins after baking

Instructions:

- Grease a small baking dish.
- Add the Goat cheese to cover bottom of dish.
- Add spoonful's of the fig jam over the cheese and spread into any open pockets.
- Sprinkle with red pepper flakes and drizzle with the Hot honey.
- Bake for 14 – 16 minutes in a 400 degree oven until bubbly.
- Top with fresh thyme and craisins.
- Serve warm with crackers.

Maple Wafer Cookies

Ingredients:

½ cup butter ½ tsp baking soda
¼ cup shortening ½ tsp cream of tarter
¾ cup brown sugar packed 1 ½ cup flour
1 egg 1 Tbsp maple flavoring plus a bit
more if preferred (1 ½ tsp)

Instructions:

- Preheat oven to 325 degrees. Line cookie sheets with silicon mat.
- Mix butter, shortening and sugar together until light and fluffy. Add in egg.
- Spoon onto cookie sheet and flatten with a glass dipped in water
- Bake at 325 for 10 minutes



Easy Small Batch Refrigerator Dill Pickles

Brine Ingredients: this makes a quart of brine

1 ½ cups white vinegar 3 Tbsp kosher salt 1 Tbsp sugar (adjust to taste) 2 cups cold water

Pickle Ingredients: this is per quart of pickles – adjust according to your jar size

1 lb cucumbers (pickling are best) 1 Tbsp pickling spice 3 cloves garlic (slightly smashed)

8 sprigs fresh dill

Instructions: Prepare the brine. It's important to get the brine made up so it can start chilling. That way it will be cold when you pour it over the cucumbers, and the cucumbers will stay crisp.

Heat up the vinegar, sugar, and salt in a small saucepan and stir, just until the salt and sugar dissolve. Then pour everything into a bowl or jar and add the cold water. Stir and pop the brine back in the fridge to get extra cold.

Prepare the pickles

While the brine is chilling, prepare the pickling cucumbers and the spices. **DO NOT** scrub the cucumbers, just rinse off any dirt. You want the lactic acid bacteria left on the surface to ferment. This recipe will work with any size and shape pickle you would like: halves, spears, round slices for burgers, or oval slices for sandwiches.

Place the garlic cloves, dill, pickling spice in a clean jar. They can go on top of the cucumbers as well, either way is fine. Place the sliced cucumbers into the jar, as tightly as you can. Pour in the cold brine to completely cover the pickles. Keep in mind that the tighter they are packed the less brine will be required, so pack them in.

Place the lid back on and pop the pickle jar back into the fridge. They'll need a day or two to develop their flavour.

Note: this recipe is adaptable to other size jars and quantities. Just keep cold brine in the fridge and you can make whatever size matches your daily harvest. Also, you can vary the spices you use; e.g. ¼ tsp mustard, 1 tsp black peppercorns, ¼ tsp red chili flakes etc.



What's been happening at PAL 55+



Zing
Into
Spring!



Zing Into Spring



PAL's Painters Rock Painting



**PAL Outreach
Care Fair Event**



PAL Members
Bob and Cheryl Matthews at the
Alzheimer's Walk
representing PAL 55+



Meeting
with
Minister of
Health,
MLA's &
PAL's
Executives

Men's Casual Breakfast



PAL Presents



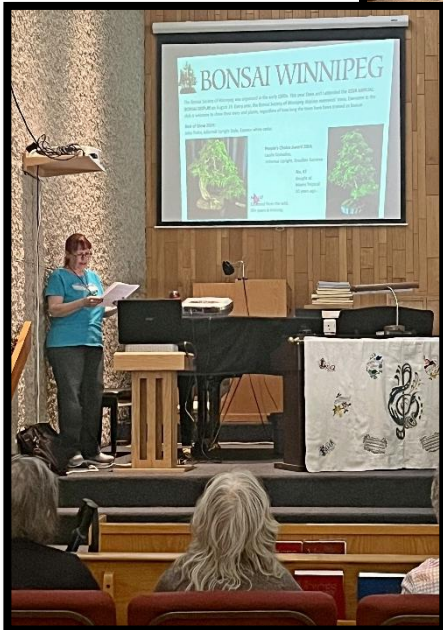
Musical Entertainment by Niel Keep



Always Write Group
(Past and Present
Share Stories)



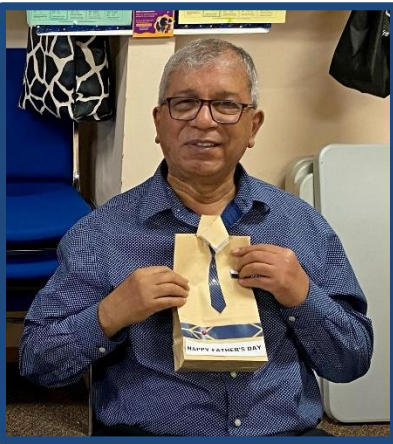
Osteoporosis Presentation



Still Bloomin'
Garden Club's
Bonsai
Presentation



Take 5 Celebrates!



Father's Day



Birthdays



PINPAL's Bowling Group

YEAR END PARTY



Volunteer Appreciation Tea



Emancipation Day
August 1st



PAL at Emancipation Day
At Central Park



LunchPALs Outing Steinbach Heritage Village



Folklorama VIP TOUR

