



THE PAL PULSE

Winter Edition 2026

January, February & March

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

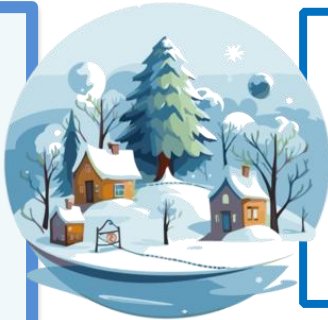
Mondays & Thursdays
1 pm – 3 pm

Staff can be contacted by phone or email

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

OFFICE CLOSED:
February 16th/26 – Family Day

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



Upcoming Events:

SAVE THE DATE

ZING INTO SPRING

March 26th/26

THE PAL (55+) OFFICE WILL BE CLOSED FOR THE HOLIDAYS

FRIDAY, DEC. 19TH/25 – SUNDAY JAN. 4TH/26

**Canada’s Royal Winnipeg Ballet
*Sleeping Beauty***



Upcoming Outing Friday, March 13th
More information coming soon!





**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. Sandra 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

PAL (55+) Street Address:

933 Summerside Ave.
Winnipeg, MB R3T 4Y1

Mailing Address:

PO Box 34034 Fort Richmond,
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**



"To appreciate the beauty of a
snowflake, it is necessary to stand
out in the cold"

-Aristotle





Congratulations to our PAL (55+)

Board Member (Secretary)

Suni Matthews

on receiving the Manitoba Healthy Aging

Award - 2025 Healthy

and Active Living Ambassador.

PAL (55+) Membership Rate 2025-2026

\$30/per person for the year (September 2025 - August 2026)

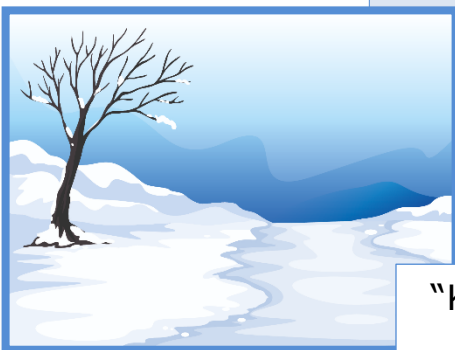
**Spring edition deadline for content and advertisements is
February 3rd, 2026.**

Please contact the editor at

programs@pal55plus.ca

Advertisements welcome, various sizes.

Enquire about our reasonable rates.



**"Kindness is like snow – it beautifies everything it covers."
- Kahlil Gibran**

PAL 55+ Fall Update – Building a Sustainable Future

Hello PAL Members,

I hope you're enjoying a wonderful fall and are prepared for the upcoming winter season. While cold and snow are second nature to us Winnipeegers, this is also the festive time of year when we get to celebrate with family and friends.

I'm writing today to share an update on how **Pembina Active Living 55+ (PAL 55+)** is doing. Rather than waiting for our Annual General Meeting, the Board has decided to provide quarterly updates to keep you informed and engaged. This is the first of those updates.

We had a very successful Fall Gala that was well attended, and we again thank the Waverley for their Support and amazing Food. We did raise over \$4700 that goes back to operations and programming for PAL 55+. The challenge is how do we top it next year!

Financial Overview

The most common question we receive is about the financial health of the organization. The good news is that **PAL 55+ is currently operating in the black**—however, this hasn't always been the case. Over the past few years, our expenses have grown faster than our income and sometimes we have run a deficit.

Our Major Funding comes from the WRHA which has been stable for years. However as many of you know, PAL 55+ relies heavily on **grant funding** to operate. Some years we are successful in securing multiple grants, and other years we are not.

We're very fortunate to have **Sandra Sukhan**, our grant-writing guru, whose dedication has kept the organization running. Still, relying on uncertain grant outcomes is **not a sustainable long-term strategy**.

In the past, our budgets were built on the *expectation* of receiving grants. When that didn't happen, we faced deficits. We've now adjusted our approach:

- We build our budgets **only on confirmed funding**, not expectations.
- **New programs or expansions** are added only when additional grants are secured.

Administrative Fee and Program Costs

We recently introduced a small **administrative fee for some activities e.g. Lunch PALS, Movie PALS, PINPALS – bowling, Men's Casual Breakfast etc.** to help support operational costs such as rent, staff wages, and utilities. While modest, these fees help ensure the organization can continue to operate responsibly.

Program fees go directly toward running the programs themselves. For example, if a program costs \$1,000 to deliver and requires 10 participants at \$100 each to break even, we must meet that number or offset the difference. While we could hope for additional "drop-in" participation, but as the saying goes—**hope is not a plan**.

If we don't reach our break-even point for each Program, we sometimes must cancel a program or absorb the shortfall through membership funds, which is not a sustainable practice.

Looking Ahead

The Board is actively in discussion with **key stakeholders—including government representatives and funding partners**—to advocate for **long-term, sustainable funding**. Our goal is to ensure PAL 55+ can continue to offer the quality programs, social connections, and community spirit that members value so much. Just imagine your household to know that for three years you will be receiving a set amount of money, you can plan your expenses for that period.

We are still on the hunt for our forever home! We are also working with **key stakeholders—including government representatives** as part of the sustainability of not having to vacate every couple of years because others' priorities change. Keep tuned in as we continue to update our challenges of finding that place to call home.

We appreciate your continued support, participation, and understanding as we strengthen the foundation of PAL 55+ for years to come. I look forward to seeing you at The Holiday Show and Sale event Nov 25th, Bingo fundraiser @ the Waverley on Nov 27th, the Holiday Lights Tour on Dec. 8th and our annual Holiday Party Dec 11th. For more information see the website or contact the office. I challenge each Member to bring a non-member to one of our events and introduce PAL 55+ to them.

Thank you for being part of our community.

Warm regards,

On behalf of the Board of Directors

Fred Pennell

President, Pembina Active Living 55+

NEW PROGRAMS AT PAL

Focus on improving balance. A variety of exercises for balance and the core as well as ankle and foot mobility with the addition of flowing moving gentle stretches.

We will be using a wall or counter and a chair.

Everyone is welcome.

- Monique Bohemier (PAL Fitness Instructor)

Wednesdays 11:30am-12:00pm (online)
\$30/ per person for 10 classes



Try our New CHAIR YOGA with our lovely Restorative Yoga Instructor Tally Young.

Thursdays 11am-12pm at TUC
\$70/per person for 10 classes

Come join the PAL Operations Manager Renée Vincent for Coffee Hour. Drop-in, ask questions, share ideas, discuss concerns, or simply chat about anything and everything.

Door is open to all to come connect with me.

Look forward to seeing in the New Year!

-Renée Vincent
(PAL Operations Manager)

Twice a month
Thursday mornings
10am-11am at TUC



How do mountains stay warm in winter?

They put on their snowcaps.



Creamy Loaded Potato Soup

Ingredients:

6 medium potatoes cut into cubes and cooked	1/2 tsp salt
8 slices of bacon, thick cut	1/2 tsp pepper
1 onion, chopped	1/2 cup flour
4 cloves of garlic, minced	4 cups of chicken broth
1 tsp dried basil	2 cups of half and half cream
1 tsp dried oregano	



Instructions:

- Add the cubed potatoes to a pot of salted water and cook until fork tender.
- Cook the bacon until crisp then crumble into small pieces. Transfer to plate lined with paper towel. Reserve 2 Tbsp of the rendered bacon fat.
- In a large pot add the bacon fat and onion; cook the onion until soft and translucent, about 5 minutes. Add the garlic and cook for another 30 seconds. Stir in the dried basil, oregano, salt and pepper.
- Sprinkle the flour over the veggies and stir. Cook for about 1 minute. Add the chicken broth a cup at a time, stirring to remove any lumps. Once the broth has been added, add in all the half and half. Bring to a boil.
- Add the cooked potatoes and cook for another 10 minutes over medium low heat, stirring occasionally. The soup should thicken nicely. Stir in half of the bacon bits and reserve the other half for topping over the soup. Spoon into bowls and top with cheddar cheese and green onion if desired.

Gingerbread Cookie Bars

Ingredients:

1/2 cup butter, melted	2 cups flour	Cream Cheese Frosting: 8 oz cream cheese 1/4 cup softened butter 3 cups icing sugar 1 tsp vanilla
3/4 cup sugar	1 Tbsp cinnamon	
1/4 cup brown sugar	1/2 tsp ground ginger	
1/2 tsp vanilla	1/4 tsp ground cloves	
1/3 cup molasses	1/4 tsp nutmeg	
1 egg	1/2 tsp salt	
2 tsp baking soda		



Instructions:

- Preheat oven to 350 degrees F
- Grease a 9x13 baking pan
- In a large bowl, cream butter, sugar, brown sugar, vanilla and molasses.
- Add egg and stir until completely incorporated
- Add baking soda, flour, cinnamon, ginger, cloves, nutmeg, salt, and mix until well combined
- Press dough evenly into the bottom of the greased pan.
- Bake at 350 F for 15 – 20 minutes and let cool. Do not over cook.
- For the frosting, cream butter, and cream cheese together in a large bowl. Add the icing sugar and vanilla and beat until smooth. Spread over the top of the cooled cookie bars and cut into squares.



“There’s just something beautiful about walking in snow that nobody else has walked on. It makes you believe you’re special.”

Carol Rifka Brunt

FALL Programs Photo Gallery

Lunch PALs



Our Lunch PALs took a trip down the Red River with Splash Dash Boat Tours and then had lunch at the Palomino Club

PAL (55+) Fall Gala Fundraiser



Enhancing Social Connections



HALLOWEEN



CHRISTMAS



Still Bloomin' Garden Club

Making holiday centerpieces at
Jensen's Nursery and Garden Centre



Holiday Show and Sale Fundraiser



Holiday Lights Tour



PAL
Presents
Unique
Quintet





HOLIDAY CELEBRATION



PAL (55+)


Program Calendars

January – March 2026


Pembina Active Living (55+) January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
For more information, please contact the PAL (55+) office. Phone: (204)946-0839 or Email: office@pal55plus.ca			NEW YEARS DAY!	
5 PAL OFFICE OPEN 9:30 ESL Conversation Circle 11:00 Chair Yoga	6 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Jessie Paul, CRA 2026 Income Tax	7 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Café & Games	8 9:30 Always Write Group (online) 10:00 Operations Managers Coffee Hour – Let's Chat!	9 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
12 9:30 ESL Conversation Circle PAL CARES 11:00 Chair Yoga	13 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Estate Planning Kendra Deon KLD Law	14 9:00 Restorative Yoga 10:00 PINPALS (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Café & Games 1:00 PAL Book Club	15 9:30 Always Write Group (online) 9:30 PAL Painters: Painting with Arlene (offsite – 134 Plaza Dr.)	16 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
19 9:30 ESL Conversation Cir. 11:00 Chair Yoga 11:00 Alzheimer's Support Group for Care Partners	20 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Musical Entertainment Elvis Dinner & Movie PAL's	21 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Café & Games	22 9:30 Always Write Group (online) 10:00 Operations Managers Coffee Hour – Let's Chat!	23 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
26 9:30 ESL Conversation Circle 11:00 Chair Yoga	27 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Primary Care Staffing Jennifer Okwudili Companion Health Care	28 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Café & Games 1:00 Still Bloomin' Garden Club Master Gardener - Roses	29 9:30 Always Write Group (online) 9:30 PAL Painters: Painting with Arlene (offsite – 134 Plaza Dr.) 1:30 PAL(55+) Bingo Fundraiser - The Waverley (857 Wilkes Ave)	30 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 11:30 LUNCH PALS (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)

Pembina Active Living (55+) February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 ESL Conversation Circle 11:00 Chair Yoga	3 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Lisa Patterson Wpg. Parking Authority New Parking Payments	4 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Caf� & Games	5 9:30 Always Write Group (online) 10:00 Operations Managers Coffee Hour – Let's Chat!	6 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
9 9:30 ESL Conversation Circle PAL CARES 11:00 Chair Yoga	10 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Musical Entertainment with Leo Gosselin	11 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Caf� & Games 1:00 Book Club:	12 9:30 Always Write Group (online) 9:30 PAL Painters: Painting with Arlene (offsite – 134 Plaza Dr.)	13 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
16 LOUIS RIEL DAY PAL CLOSED Louis Riel Day 	17 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: TBA Dinner & Movie PAL's	18 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Caf� & Games	19 9:30 Always Write Group (online) 10:00 Operations Managers Coffee Hour – Let's Chat!	20 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
23 9:30 ESL Conversation Circle 11:00am Alzheimer's Support Group for Care Partners 11:00 Chair Yoga	24 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Sarah Parsons Fort Garry Resource Finder Info F.G. Programs & ERIK Kits	25 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Caf� & Games 1:00 Still Bloomin' Garden Club Guest Speaker: Igor NEW Plants for 2026!	26 9:30 Always Write Group (online) 9:30 PAL Painters: Painting with Arlene (offsite – 134 Plaza Dr.) 1:30 PAL (55+) Bingo Fundraiser - The Waverley (857 Wilkes Ave.)	27 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 11:30 LUNCH PALS (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)

Pembina Active Living (55+) March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 ESL Conversation Circle 11:00 Chair Yoga	3 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: TBA	4 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Caf� & Games	5 9:30 Always Write Group (online) 9:30 PAL Painters: Painting with Arlene (offsite – 134 Plaza Dr.) 10:00 Operations Managers Coffee Hour – Let's Chat!	6 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
9 9:30 ESL Conversation Circle PAL CARES 11:00 Chair Yoga	10 8:30 Men's Casual Breakfast (Altos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Janine Simchuck Power of Attorney	11 9:00 Restorative Yoga 10:00 PINPAL's (offsite) 11:30 Balance Exercise & Moving Stretches (online) 1:00 PAL Caf� & Games 1:00 Book Club:	12 9:30 Always Write Group (online)	13 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite) 12:00 Wpg Royal Ballet "Sleeping Beauty"
16 9:30 ESL Conversation Circle 11:00am Alzheimer's Support Group for Care Partners 11:00 Chair Yoga	17 8:30 Men's Casual Breakfast (Altos) 9:30 Enhancing Social Connections 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Musical Entertainment w/ Neil Keep Dinner & Movie PAL's	18 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games	19 9:30 PAL Painters: Painting with Arlene (offsite – 134 Plaza Dr.) 10:00 Operations Managers Coffee Hour – Let's Chat!	20 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
23 	24 8:30 Men's Casual Breakfast (Altos) 10:00 Pickleball S1A Beginner/Novice (offsite) 10:00 Pickleball S1B Novice/Intermediate (offsite) 12:00 Pickleball S2 Higher Intermediate (offsite)	25 10:00 PINPAL's (offsite) 1:00 PAL Caf� & Games 1:00 Still Bloomin' Garden Club (offsite – 134 Plaza Dr.)	26 11:00am-2:00pm ZING INTO SPRING EVENT	27 9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 11:30 LUNCH PALS (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)

For more information, please contact the PAL (55+) office.

Own Your Health Ask About Your Meds!

Five questions to ask your Doctor regarding your medications

1. What is the purpose of taking this medication?
2. Are there any side effects or drug interaction with the medications I am currently taking?
3. Would lifestyle changes make a difference whether I take this medication or not?
4. Are all the medications I take necessary?
5. What else should I know about the medications I am taking?

Five questions to ask your Pharmacist regarding your medications

1. What are the side effects that may occur with this medication and will this medication action have any side effects if mixed with my non-prescription medication, or herbal products. Are there any drug interactions?
2. What do the symbols and stickers on the medication container mean?
3. Is my medication sensitive to light, heat, moisture or cold? How should I store it?
4. I am taking several medications at different times during the day. Do you have any ideas or suggestions to help me organize them and help me remember to take them?
5. Do you have any written material about my medication?

Be Med Wise!

These questions were taken from “A Guide for Seniors” developed by Manitoba Health and the Manitoba Seniors and Healthy Ageing Secretariats.

**Do you have a loved one living with Dementia/Alzheimer’s?
Are you looking for support through your journey?**

PAL offer’s an Alzheimer’s Support Group for Care Partners

Monthly 3rd Monday of the Month

11:00 am – 12:00 pm

Trinity United Church (933 Summerside Ave.)

Winter Dates:

January 19th/26

February 23rd/26 (due to Family Day Holiday)

March 16th/26

For more information please contact the PAL (55+) Office for more information at (204)946-0839 or programs@pal55plus.ca

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