



THE PAL PULSE

Spring Edition 2026

April, May & June

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:

April 6th – Easter Monday
May 18th – Victoria Day

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



Upcoming Events: SAVE THE DATE

Tuesday, June 23rd 11:00am
Volunteer Appreciation

Tuesday, June 23rd 1:00pm
PAL (55+) Annual General Meeting for Members

Tuesday, August 25th 11:00am
PAL (55+) Picnic & Membership Drive

More information is coming soon!

Spring is around the corner,

Which means it is that time to start planning our **Annual PAL Picnic & Membership Drive**. One of our favourite events of the year! As it is a time to celebrate our Older Adults in our community by connecting with old and new friends! We are currently forming our **PAL Picnic Event Planning Committee**; we would love for our members to get involved in making our Annual Membership Drive special this year!

If you enjoy bringing people together, giving a helping hand and being apart of making a difference in the community – we would love to have you on the team! Please reach out to me **by Friday, April 10th** if your interested in volunteering with our Picnic Committee. You can reach me by phone at (204)946-0839 or by email at programs@pal55plus.ca

Thank you kindly,
Your PAL Operations Manager,
Renée Vincent



www.pal55plus.ca



pal55plus



Pembina Active Living 55 plus



pal55plus



**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

204-792-1913

Email:
fortgarry@aosupportservices.ca

Website:
www.aosupportservices.ca

Board Executive 2025

President	Fred Pennell
Vice President	Mohamed Ismath
Treasurer	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

Admin Assistant

Masha Palansky

office@pal55plus.ca

(204)946-0839

PAL (55+) Street Address:

933 Summerside Ave.
Winnipeg, MB R3T 4Y1

Mailing Address:

PO Box 34034, Fort Richmond
Wpg, 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.**

“Spring is nature’s way of saying ‘Let’s party!’”

-Robin Williams



PAL (55+) Membership Rates 2025-2026

Individual Membership: \$30/per year

Family Membership : \$60/per year

JustHangUp.ca



What sounds like a family member in distress could be a scam.

Just hang up!

Think you've been targeted or scammed?
Don't wait – report it right away.

Report a scam



JUST HANG UP – A city-wide campaign, bringing awareness and empowerment to older adults in our community.

Released: February 24, 2026 at 9:30 a.m.

Information contained in our media releases may relate to issues of violence or trauma, which could be distressing for some individuals. Be mindful of your well-being and consider whether or not engaging with this content is appropriate for you.

Just Hang Up is a new anti-fraud campaign led by the Winnipeg Police Service (WPS) in partnership with A&O: Support Services for Older Adults (A&O).

The campaign is made possible by a \$134,000 contribution from the Manitoba government's Criminal Property Forfeiture Fund (CPF). "Older adults in Manitoba have been targeted and victimized through so-called grandparent and emergency scams, which are becoming more sophisticated and can cause significant financial losses and emotional harm," said Wiebe.

Just Hang Up is aimed at protecting older adults from financial and emotionally devastating outcomes related to prevalent phone scams. Beginning in March; Fraud Prevention month, **Just Hang Up** highlights the importance of learning prevention strategies by sharing information with older adults and their families who may be targeted by these scams.

During an emergency grandparent scam, fraudsters call individuals after obtaining their phone numbers and sometimes other personal information. They impersonate family members or authority figures, saying there is an emergency involving a loved one. By creating a sense of urgency and panic, victims are pressured to send money. In some cases, artificial intelligence is used to sound convincing, and fraudsters may send a courier to collect the cash quickly.

According to the Canadian Anti-Fraud Centre, Manitobans aged 60 and older reported losing nearly \$350,000 to these scams in 2024. Frauds are typically under reported due to the emotional toll and stigma associated with being victimized.

Just Hang Up encourages people to stop fraud in its tracks; every early hang up can shut down a scam. The simple message to pause – hang up – verify and report, can help prevent further victimization and assist investigations.

Fantastic funding news for PAL (55+)

We are delighted to share the incredible news in early March that PAL (55+) has received a multi-year grant from The Winnipeg Foundation! The remarkable support of \$30,000 per year from 2026-2030 will allow us to expand our programs, enhance services, and reach even more members in our community.

The stability provided by this funding means we can plan confidently for the next four years as we continue to work toward financial sustainability while ensuring that our initiatives and programs remain vibrant and accessible.

We extend our heartfelt thanks to The Winnipeg Foundation for believing in our mission and investing in our vision. Together, we will continue to make a meaningful difference in the lives of those we serve.

A special thank you goes out to our current Treasurer, Dr. Sandra Sukhan for writing and submitting numerous grants over the last few years. Because of her commitment to PAL (55+), we can serve our community while being fiscally responsible.

THANK YOU to The Winnipeg Foundation!

With Gratitude. PAL (55+)



**Looking for support?
PAL support Group
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.

**NEW FREE PROGRAMS
BEING OFFERED THIS SPRING**

Neighbourhood Sip & Stroll Program

This new walking program will be meeting weekly at the PAL Office (Trinity United Church) for 9:30am for an hour to hour and half walk in the Neighbourhood. After your walk join us at the office for a cup of coffee or tea and visit. Get together with others while staying active as we come into the nice spring weather. Please note program is weather dependent and may be cancelled.

Meditation Program

Join us for this new FREE program with training volunteer Judith Birch. This 8-week Meditation class is designed for Stress Management.

Some stress is normal, but chronic stress can affect mood, sleep, cognition, and physical health.

Research shows that meditation helps regulate the stress response. This weekly spring session offers.

gentle practices that cultivate calm attention and resilience. Suitable for beginners and experienced meditators alike.

THANK YOU TO OUR SPONSOR

The
**Waverley &
Rosewood**

RETIREMENT LIVING



HEART **TO**
HOME MEALS

DELICIOUS MEALS MADE FOR **SENIORS**™

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

Sheet Pan Lemon Honey Garlic Chicken

Ingredients:

4 Chicken breasts (boneless and cut into long strips)
1 Red Bell pepper cut into strips
3 Tbsp olive oil
3 Tbsp honey
3 cloves garlic, minced

1 tsp Italian seasoning
½ tsp salt & ¼ tsp pepper
1 Tbsp lemon zest
2 oz. feta cheese (crumbled)
Lemon wedges for garnish



Instructions:

- Preheat oven to 400 F and line a baking sheet with parchment paper
- In a large bowl, whisk together olive oil, honey, minced garlic, lemon zest, Italian seasoning, salt and black pepper until well combined
- Add the chicken breasts and peppers to the bowl and toss everything well, making sure to coat everything evenly
- Spread the chicken and veggies on the prepared baking sheet. Transfer the baking sheet to the oven and bake for 20 – 25 minutes or until the chicken is cooked through and the internal temperature reaches 165 F
- Once the chicken is done, remove the sheet from the oven and let it rest for 5 minutes
- Sprinkle crumbled feta cheese over the top of the chicken and peppers
- Serve with lemon wedges

Isabel's Hot Milk Cake

Ingredients:

2 eggs	1 tsp baking powder
1 cup of white sugar	½ tsp salt
1 tsp vanilla	½ cup of milk, heated to the boiling point
1 cup flour	1 Tbsp of butter



Instructions:

- Preheat oven to 350 F and grease an 8x8 pan. Set aside
- In a large bowl, beat the eggs and sugar until thick and then add vanilla.
- Sift the flour, baking powder and salt together and add to the bowl.
- Add the hot milk and butter to the bowl and mix well.
- Pour into prepared pan and bake for approx. 30 minutes.

While the cake is baking, prepare the topping:

4 Tbsp of melted butter
6 Tbsp brown sugar
3 Tbsp cream
1 cup of shredded, unsweetened coconut

Once cake is baked spread the coconut mixture over top and place under the broiler until golden



“The man who has planted a garden feels that he has done something for the good of the world.”

- Charles Dudley Warner

Networking with South Winnipeg Seniors Organizations



Black Seniors Support Event



Chinese New Year with the Winnipeg Chinese Seniors Association The Year of the Horse



Sri Lanken Seniors Talent Show



**PAL (55+)
Volunteers
Enjoying a
FREE
Winnipeg Jets
Game!**



**GO
JETS
GO**



Wrap, Pinch and Share Dumpling Program with the Winnipeg Chinese Seniors Association



PAL Presents



Having Fun with Technology
and exploring Virtual Reality
with the University of Manitoba
Computer Science Graduates!





The Royal Winnipeg Ballet *“Sleeping Beauty”*

Thank you to City Councillor Marcus Chambers for the transportation to make this outing possible!



Enhancing Social Connections Program

St. Patricks Day



Understanding the 3 Core Planning Documents



	Health Care Directive	Power of Attorney	Last Will & Testament
What the document does:	explains what medical care you want if you are unable to make or communicate your own health care decisions.	allows someone you trust to help manage your financial and legal matters or take over those responsibilities if you cannot manage them yourself.	explains how your money, property, and belongings should be distributed after you die
When it takes effect:	It is only used when you are not able to understand information to make an informed health related decision or communicate your health care decisions.	Depending on how the document is written, a Power of Attorney may: <ul style="list-style-type: none"> take effect immediately, allowing someone to assist you while you still make your own decisions, or continue into the future if you become unable to manage your affairs. 	It only takes effect after your death.
Who makes it happen:	The person you appoint as your HEALTH CARE PROXY , working with your doctors and medical team.	The person you appoint as your ATTORNEY .	The person you appoint as your EXECUTOR .
Their responsibilities:	Make health care decisions based on the instructions in your directive, your values and beliefs, and your best interests.	Act in your best interests, follow your instructions, keep records, and manage your finances responsibly and honestly.	Locate and protect assets, pay debts and taxes, and distribute the estate according to your will.
Outcome:	Health Care Proxy speaks for you and ensures your care reflects your wishes when you cannot speak for yourself.	Your Power of Attorney supports or manages your quality of life according to your wishes and the instructions you have provided.	Your Executor carries out the instructions you left for your estate after your death.

www.personaltrusteeservices.com * (431) 275-9606 * info@personaltrusteeservices.com

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

Call **2.1.1**

FREE • CONFIDENTIAL • 24/7



A partnership between  Manitoba 

211 Manitoba is a free confidential service available 24 hours a day, seven days a week. Go to MB.211.ca Community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life.

Fall edition deadline for content and advertisements is July 1st, 2026. Please contact the editor at programs@pal55plus.ca Advertisements welcome, various sizes. Enquire about our reasonable rates.

MANITOBA SENIOR ADVOCATE LEIGH CARON IS COMING TO PAL (55+)

SHE WANTS TO MEET THE OLDER ADULTS IN OUR COMMUNITY
LET YOUR VOICES BE HEARD!

TUESDAY, MAY. 26TH 2026
1PM-3PM
933 SUMMERSIDE AVE.
TRINITY UNITED CHURCH
REFRESHMENTS WILL BE SERVED

ALL OLDER ADULTS
WELCOME!

HAVE QUESTIONS FOR THE SENIOR ADVOCATE?
SEND YOUR QUESTIONS IN TO THE PAL (55+)
OFFICE BY EMAIL AT PROGRAMS@PAL55PLUS.CA
OR BY PHONE AT (204)946-0839.

QUESTIONS WILL BE SENT TO THE SENIOR
ADVOCATE PRIOR TO HER VISIT TO ENSURE WE
CAN HAVE RESPONSES TO YOUR INQUIRIES

PAL PRESENTS – SPRING SESSION

Weekly Tuesdays, 1pm at 933 Summerside Ave.
Drop-In Fee: \$2 Members / \$5 Non-Members

Mar. 31st – UofM Computer Science Students are back! They'll be presenting their Prototypes of Technology to assist Older Adults.

This interactive event will provide them the opportunity to get feedback from Older Adults on their Prototype they created.

Apr. 6th – Guest Speaker Monica Phaneuf with Active Living (55+) Games. Learn more about the opportunities with this organization, by staying active.

Apr. 14th – Musical Entertainment with the Trio the Matchstock Men. Join us for a fun musical afternoon.

Apr. 21st – 211 Learn more about the services they offer and get your questions answered with Guest Speaker Samantha White.

Apr. 28th – Winnipeg Fire Paramedics come speak on Personal Safety. Learn ways to keep yourself safe.

May. 5th – Special Guest Speaker Kendra from KD Law to inform you on legal process.

May. 12th – Winnipeg Parking Authority Hands on Session, learn to use the new parking app on your phone. (Note: please bring your apple ID login or icloud login to gain access to downloading new apps)

May. 19th – Musical Entertainment with the Men's Assiniboine Chorus, come see these remarkable gentlemen and they're talented voices.

May. 25th – Seniors' Advocate Leigh Caron wants to meet the older adults in the community. Come for this Q&A session to learn more about this new position in Manitoba.

Jun. 2nd – Winnipeg Transit Plus "Travel Trainer Presentation" All you need to know about accessing the Wpg Transit Plus Program with Steve Bashaw.

Jun. 9th – LAST PAL PRESENTS TILL FALL!
Livley, Energetic & Fun Musical Entertainment with Rick & Trish.

Social Prescribing in Manitoba

Helping people connect to community supports for better health and wellbeing

Stewarded by MASC (Manitoba Association of Senior Communities)

What is social prescribing?

A person-centred approach that helps you find non-medical supports in your community that can improve wellbeing—like social activities, transportation, meals, home help, or guidance to services. In Manitoba, you can be connected with a Senior Resource Coordinator (SRC) who helps you set goals, make a plan, and connect to the right supports.

How it works (in plain language)



Why it matters

- Loneliness and isolation can affect health and wellbeing.
- Practical supports make it easier to stay independent and engaged.
- Community connections help people feel supported and not alone.
- It strengthens how we care for each other across Manitoba.

Examples of supports

- Meal programs and food supports
- Transportation options
- Home or yard maintenance referrals
- Benefits and financial assistance guidance
- System navigation (finding the right services)
- Social and recreational activities

Want to learn more or get connected?



Talk to your local Senior Resource Coordinator (SRC) or contact MASC to find supports in your area.



Tune into 'Insights on Social Connections' with host Jim Feeny on Wednesday, March 25, between Noon and 1 p.m.!



Pembina Active Living (55+) April 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 1:00 PAL Presents: Prototypes of Technology with U of M Students	9:10 Restorative Yoga 10:00 PINPAL's (offsite) 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	9:30 Always Write Group (online)	GOOD FRIDAY 
6	7	8	9	10
EASTER MONDAY 9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Guest Speaker Monica Phaneuf with Active Living 55+ Games	9:10 Restorative Yoga 10:00 PINPAL's (offsite) 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Book club	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip 10:00 PAL Painters: Painting with Arlene (offsite - 134 Plaza Dr.) 11:00 Meditation Program	9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
13	14	15	16	17
9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Musical Entertainment with Matchstock Men	9:10 Restorative Yoga 10:00 PINPAL's (offsite) 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip	9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
20	21	22	23	24
9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness 11:00 Alzheimer's Support Group for Care Partners	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Guest Speaker Samantha White with 211 Movie & Dinner PALS	9:10 Restorative Yoga 10:00 PINPAL's (offsite) 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip PAL Painters: Painting with Arlene (offsite -134 Plaza Dr.) 11:00 Meditation Program	9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 11:30 LUNCH PALS 12:00 Pickleball S4 Higher Intermediate (offsite)
27	28	29	30	31
9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Guest Speaker Patrick from Winnipeg Fire Paramedics	9:10 Restorative Yoga 10:00 PINPAL's (offsite) 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip 11:00 Meditation Program 1:30 PAL (55+) Bingo Fundraiser - The Waverley (857 Wilkes Ave.)	For more information: Please contact the PAL Office Phone: 204-946-0839 Email: office@pal55plus.ca Please note: Programs may change or be cancelled visit our website for updated calendars www.pal55plus.ca 

Pembina Active Living (55+) May 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Guest Speaker Kendra with KD Law -	9:10 Restorative Yoga 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café 1:00 PAL Book Club	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip 10:00 PAL Painters: Painting with Arlene (offsite -134 Plaza Dr.) 11:00 Meditation Program	9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
11	12	13	14	15
9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Guest Speaker Lisa with Wpg Parking Authority	9:10 Restorative Yoga 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip 11:00 Meditation Program	9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
18	19	20	21	22
VICTORIA DAY PAL OFFICE CLOSED No PAL programs or classes today	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Musical Entertainment with Men's Assiniboine Chorus Movie & Dinner PALS	9:10 Restorative Yoga 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip 10:00 PAL Painters: Painting with Arlene (offsite -134 Plaza Dr.) 11:00 Meditation Program	9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 12:00 Pickleball S4 Higher Intermediate (offsite)
25	26	27	28	29
9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness 11:00 Alzheimer's Support Group for Care Partners	8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 Pickleball S1 Novice/Intermediate (offsite) 11:30 Seniors Fitness 12:00 Pickleball S2 Higher Intermediate (offsite) 1:00 PAL Presents: Senior's Advocate Leigh Carson Q&A	9:10 Restorative Yoga 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	9:30 Always Write Group (online) 9:30 Neighbourhood Stroll & Sip 11:00 Meditation Program 1:30 PAL (55+) Bingo Fundraiser - The Waverley (857 Wilkes Ave.)	9:15 Older Adult Weight Training (online) 10:00 Pickleball S3 Intermediate (offsite) 11:30 LUNCH PALS 12:00 Pickleball S4 Higher Intermediate (offsite)

Pembina Active Living (55+) June 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	2 8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 PAL Pedallers Cycling (offsite) 11:30 Seniors Fitness 1:00 PAL Presents: Guest Speaker Steve Bashaw with Winnipeg Transit Plus "Travel Trainor Presentation"	3 9:10 Restorative Yoga 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	4 9:30 Neighbourhood Stroll & Sip 11:00 Meditation Program 10:00 PAL Painters: Painting with Arlene (offsite - 134 Plaza Dr.)	5 9:15 Older Adult Weight Training (online)
8 9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness	9 8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 PAL Pedallers Cycling (offsite) 11:30 Seniors Fitness 1:00 LAST PAL Presents: Musical Entertainment with Rick Trish Roschuk	10 9:10 Restorative Yoga 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café 1:00 PAL Book Club	11 9:30 Neighbourhood Stroll & Sip 10:00 PAL Walking/ Hiking Group (offsite)	12 9:15 Older Adult Weight Training (online)
15 9:30 ESL Conversation Circle 9:30 Muscle Strength Fitness 11:00 Alzheimer's Support Group for Care Partners	16 8:30 Men's Casual Breakfast (Aaltos) 9:15 Older Adult Weight Training (online) 9:30 Enhancing Social Connections 10:00 PAL Pedallers Cycling (offsite) Movie & Dinner PALs	17 9:10 Restorative Yoga 11:15 Balance Exercise & Moving Stretches (online) 1:00 PAL Café	18 9:30 Neighbourhood Stroll & Sip 10:00 PAL Walking/ Hiking Group (offsite) 10:00 PAL Painters: Painting with Arlene (offsite - 134 Plaza Dr.)	19 9:15 Older Adult Weight Training (online)
22 9:30 Muscle Strength Fitness	23 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)  11:00 Volunteer Appreciation 1:00 PAL (55+) Annual General Meeting (Location to be determined)	24 1:00 PAL Café	25 9:30 Neighbourhood Stroll & Sip 10:00 PAL Walking/ Hiking Group (offsite)	26 9:15 Older Adult Weight Training (online)
29 LAST DAY PAL (55+) Office Open Staff will be available by phone and email over summer months of July & August	30	 <p>For more information, please contact the PAL(55+) office Phone: (204)946-0839 Email: office@pal55plus.ca Please note: Programs may change or be cancelled visit our website for updated calendars www.pal55plus.ca</p>		

Pembina Active Living (55+) July 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
For more information, please contact the PAL(55+) office Phone: (204)946-0839 Email: office@pal55plus.ca Please note: Programs may change or be cancelled visit our website for updated calendars www.pal55plus.ca		1 CANADA DAY PAL (55+) Office Closed	2 10:00 PAL Walking/ Hiking Group (offsite)	3
	6 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)	7 	8 10:00 PAL Walking/ Hiking Group (offsite)	9 10:00 PAL Walking/ Hiking Group (offsite)
13	14 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)	15	16 10:00 PAL Walking/ Hiking Group (offsite)	17
20	21 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)	22	23 10:00 PAL Walking/ Hiking Group (offsite)	24
27	28 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)	29	30 10:00 PAL Walking/ Hiking Group (offsite)	31

Pembina Active Living (55+) August 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)	5	6 10:00 PAL Walking/ Hiking Group (offsite)	7
10	11 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)	12  Folklorama	13 10:00 PAL Walking/ Hiking Group (offsite)	14
17	18 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite)	19	20 10:00 PAL Walking/ Hiking Group (offsite)	21
24	25 8:30 Men's Casual Breakfast (Aaltos) 10:00 PAL Pedallers Cycling (offsite) PAL PICNIC & MEMBERSHIP DRIVE (Location to be Determined) 	26	27 10:00 PAL Walking/ Hiking Group (offsite)	28



BURIED IN TREASURE SUPPORT GROUP

Join our 15-session group aimed at providing education, support, and realistic strategies for older adults 55+ who struggle with clutter in their homes. This group is provided at no cost to participant.



Every Thursday from
April 9th, 2026 - July 16th, 2026



1:30pm- 3:30pm



Online via Zoom

For more information or to register for this group, please contact Intake at 204-956-6440

IG PRIVATE WEALTH MANAGEMENT



IG WEALTH MANAGEMENT

invites you to a very special seminar with guest speakers from *CPP Investments*.

You will get to know all the details you need to know about how CPP Investments manages more than \$780 billion in assets in the best interest of 22 million contributors and beneficiaries of the Canada Pension Plan.

Wednesday, April 23, 2026

Glendale Golf Country Club

400 Augier Ave Winnipeg, MB

6:00 PM - 8:00 PM

We encourage you to RSVP as soon as possible, spots are limited.

Food & drinks are provided free of charge.

We look forward to hosting you.

Please RSVP to this link to confirm your attendance

<https://forms.gle/fjSx3cdiHfMwjeVi8>

PAL CAFE

Bring a friend or meet some new PALS!
Enjoy great company and conversation over a cup of coffee or tea while enjoying our goodie of the week!



Weekly Wednesday
Afternoons

1pm-3pm

933 Summerside Ave.
Trinity United Church

Drop-In Fee:
Members \$2.00
Non-Members \$5.00



For more information, please contact the PAL office.
Phone: (204) 946-0839 Email: office@pal55plus.ca



Pembina Active Living (55+)

BINGO

PAL Monthly Bingo Fundraisers

**DATES: Thursdays, Mar. 26th,
Apr. 30th & May 28th**

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

Thank you to our sponsors:
The Waverley & Rosewood Retirement Living | HEART TO HOME MEALS | SeniorScope

Willpower Not Required



March is Nutrition Month in Canada, and the theme is Nourish to Flourish (Dietitians of Canada). So let's say the quiet part out loud. If knowing what to eat fixed it, we'd all be thriving.

Most people do not have a nutrition knowledge problem. They have a friction problem.

When you are tired, rushed, stressed, overwhelmed, in pain, or eating alone, food choices are rarely a moral decision. More often, they are a decision based on plain old practicality. The easiest thing wins. So this month, instead of trying harder, what if we lowered the obstacles that keep pushing you toward "whatever is fastest"?

What is food friction?

Food friction is anything that makes the steady choice harder than the quick choice. It can be obvious, like time or energy, or it can be sneaky, like nothing being appetizing, too much prep, or long gaps between meals.

Here is the twist. Flourishing does not start with discipline. It starts by making nourishment easier to act on.

A Quick Food Friction Audit

Pick the one friction that shows up most often in your life.

Energy friction: When energy is low, cooking can feel like a second job. Try this. Choose one no-cook or two-step meal you can repeat without thinking, and keep the ingredients visible.

Access friction: If the steady food is not within reach, it will not happen. Try this. Create one "steady shelf" in the fridge or pantry. Eye level becomes your default.

Appeal friction: If food does not taste good, people snack, even when they do not mean to. Try this. Keep two flavour boosters on hand that work for you, like salsa, hummus, pesto, yogurt dip, herbs, or a favourite seasoning.

Timing friction: Long gaps can set up the late-day crash. Try this. Add a planned "bridge snack" so you do not hit the danger zone hungry.

Environment friction: What you see is what you eat. Try this. Put the steady option where your hand goes first, and move the snack foods slightly out of the instant reach zone.

A simple truth: You do not rise to your intentions. You fall to what is easy.

The Toast Trap

Many of us default to what I call "lonely foods". Toast,

oatmeal, crackers, muffins, or a cookie with tea. These foods are not bad. They are often missing what keeps you steady.

That is why the fix is not restriction or denial. The fix is simple addition.

The Steady Rule

Build meals with an anchor and an ally, plus a drink.

Anchor: protein foods, like eggs, yogurt, fish, beans, lentils, nuts, seeds, chicken, tofu, and more (Canada's Food Guide).

Ally: fibre or colour, often vegetables, fruit, or whole grains (Canada's Food Guide).

Drink: water is a simple default (Canada's Food Guide).

Examples that work on busy days:

- Yogurt plus berries
- Eggs plus any vegetable
- Cottage cheese plus fruit
- Tuna plus whole grain crackers plus sliced cucumber
- Nuts plus an apple
- Soup with added beans or chicken, plus a side salad

Your seven-day experiment

- Pick one friction fix for one week.
- Put protein within reach at breakfast
- Create a "steady shelf" zone
- Add one bridge snack
- Put a water glass where you will actually drink it
- Choose one repeatable lunch you can do on autopilot.

Please note that these articles are meant for general information only, not medical advice. If you have health concerns or appetite changes, please consult your health professional or a registered dietitian.

Final Thoughts

If you have been hard on yourself about food, let March be a reset. Nourish to Flourish is not a slogan to live up to. It is an invitation to live into. When you make one steady choice easier, you create a little more calm in your day and a little more trust in yourself. Start where you are, use what you have, and make the next choice just a bit simpler. That is a beautiful way to flourish.

Rhonda Latrelle, MBA, CPCA
 Founder & CEO
 Age-Friendly Business*

p.s. Since 2003, Age-Friendly Business* has trained thousands of professionals and businesses committed to learning how to elevate the quality of the client, customer, and community experience. They are called Certified Professional Consultants on Aging (CPCAs)* and Age-Friendly Businesses*. They have earned the right to ask for your business.

Body - Steadier plates for Steadier days

Want a quick body-focused win this month? Pair your "anchor and ally" meals with movement that supports strength and balance.

For adults 65+, the Canadian 24-Hour Movement Guidelines include muscle-strengthening activities at least twice a week and physical activities that challenge balance.

No gym required. Think sit-to-stand from a chair, light resistance work, or balance practice near a counter for support. Start small and build gradually.

Spirit - Power of Repetition

"Small disciplines repeated with consistency everyday lead to great achievements gained slowly over time."

John C Maxwell

JCFS Older Adult Services Department,
 and Sexuality Education Resource Centre MB (SERC) present

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Founded in 1879,
 the Manitoba Historical Society stands as the
 second-oldest organization of its kind in Canada

—a testament to generations of Manitobans who believed that understanding our past is essential to shaping our future. From its earliest days, the Society has embraced a broad mandate: to preserve, promote, research, and educate. That mandate continues to guide our work today, offering countless ways for people to explore the province's rich and varied history.

The MHS has long championed excellence in historical writing and storytelling. Our Margaret McWilliams Awards remain among the most respected honours for books about Manitoba's past, while our centennial

business and organization awards celebrate the institutions that have helped define our communities for a century and more. These recognitions do more than acknowledge achievement; they reinforce the idea that history is a living, evolving conversation between generations.

Public education has always been at the heart of our mission. The Society's early collections of books and artifacts helped lay the foundation for the Archives of Manitoba, the Winnipeg Public Library, and the Manitoba Museum—institutions that continue to serve as pillars of public knowledge. Over the decades, we have published books and articles about all facets of provincial history. Today, our acclaimed website (mhs.ca) opens doors to Manitoba's built heritage, historic sites, and the remarkable individuals whose stories form the fabric of the province. We continue to broaden access to history through our Prairie History magazine, widely admired for its breadth, depth and accessibility. We offer informational videos, field trips, lectures, and tours that bring the past to life. Our award-winning smartphone app, MHS InSite, extends this mission even further, allowing users to explore Manitoba's historic places on-the-go. With its location-based stories and intuitive design, InSite helps uncover the province's hidden gems and fascinating secrets right where they happened.

The Manitoba Historical Society is uniquely positioned to nurture the calm, clarity, and determination needed to chart a thoughtful course forward. Our long history of stewardship, combined with a commitment to innovation, ensures that Manitoba's stories will continue to inspire.

For those who wish to support our work, membership and financial contributions play a vital role in sustaining the MHS mission. By joining or donating, you help keep prairie and Manitoba history vibrant for current and future generations. To learn more or to get involved, please contact the Manitoba Historical Society today.

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 204-947-0509 www.mhs.ca

"To plant a garden,
 is to believe in
 tomorrow."

— Audrey
 Hepburn

