



# *Pembina Active Living (55+)*

## **SPRING 2026 PROGRAMS**

Program Registrations can be sent in by email or by mail or at the PAL (55+) Office.

For more information, please see the details below

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### **Program Registration Contact Information below:**

**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](mailto:office@pal55plus.ca) / [programs@pal55plus.ca](mailto:programs@pal55plus.ca) **Phone:** (204)946-0839

**Website:** [www.pal55plus.ca](http://www.pal55plus.ca) **Facebook:** pal55plus **Instagram:** pal55plus

### **Program Payment Options below:**

- E-transfer to [treasurer@pal55plus.ca](mailto:treasurer@pal55plus.ca)
- Cheques payable to PAL (55+)
- NO POST-DATED CHEQUES WILL BE ACCEPTED.
- **Program Fees include GST.**
- Payment confirms your registration

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### **PAL (55+) Office Hours:**

**Monday-Thursday:** 9:00 am – 3:00 pm (Excluding Holidays)

#### **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

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### **Please Note Disclaimers:**

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

**LET'S BE PALS!**



# MONDAY

## PAL PUTTERS – 9 HOLE GOLF

Dates: Weekly Mondays, May. 4th – Sept. 28th (**\*Excluding Holidays**)  
Time: 9:00 am - Tee off time  
Location: Southside Golf Course – 2226 Southside Rd. Grand Point, MB  
Cost: Green Fees  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Craig Parker Email: [craegparker@mymts.net](mailto:craegparker@mymts.net)  
**Must register and be a member of PAL (55+) All Levels Welcome!**

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## ESL CONVERSATION CIRCLE

Dates: Weekly Mondays, Mar. 30<sup>th</sup> – Jun. 15<sup>th</sup> **\*No class May. 18<sup>th</sup> Victoria Day**  
Time: 9:30 am – 11:30 am  
Location: Trinity United Church – 933 Summerside Ave. (Chapel – Basement)  
Cost: **FREE** – Donations welcome.  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Diane Goltz, Laurent Vouriot & Joanne Sauv e  
Information: All Levels Welcome, Open for the community to attend  
**All Welcome!**

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## MUSCLE STRENGTH FITNESS – **CANCELLED**

## ALZHEIMER’S SUPPORT GROUP FOR CARE PARTNERS

Dates: 3<sup>rd</sup> Monday of the Month Apr. 20<sup>th</sup> & Jun. 15<sup>th</sup> & May. 25<sup>th</sup> (4<sup>th</sup> Monday)  
**\*No Meeting May. 18<sup>th</sup> Victoria Day**  
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](mailto:programs@pal55plus.ca)  
Convener: Darlene Yeske  
Information: Any caregiver supporting a loved one with Dementia.  
**All Welcome!**

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## TUESDAY

### MEN'S CASUAL BREAKFAST

Dates: Weekly Tuesdays (ongoing)  
Time: 8:15 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](mailto:programs@pal55plus.ca)  
Convenor: Dale Shantz - Phone: (204) 679-5210 Email: [daleshantz@hotmail.com](mailto:daleshantz@hotmail.com)  
**Must register and be a member of PAL (55+)**

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### OLDER ADULT WEIGHT TRAINING

Dates: Weekly Tuesdays, Mar. 31<sup>st</sup> – Jun. 16<sup>th</sup> (12 classes)  
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](mailto:programs@pal55plus.ca)  
Instructor: Monique Bohemier  
Information: All levels welcome.  
**Must register and be a member of PAL (55+)**

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### ENHANCING SOCIAL CONNECTIONS Day Program (Formally Take 5 Program)

Dates: Weekly Tuesdays Mar. 31<sup>st</sup> – Jun. 16<sup>th</sup>  
Time: 9:30 am - 2:30 pm (pick up around 9 am)  
Location: Trinity United Church – 933 Summerside Ave.  
Cost: \$40.00 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](mailto:programs@pal55plus.ca)  
Conveners: Maryann Koop  
**Must register and be a member of PAL (55+)**  
**Program at Capacity – Request to be added to the wait list**

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**PAL PEDALLERS CYCLING**  
**SUMMER PROGRAM: NEW DAY\***

Dates: Weekly Tuesdays, Jun. 2<sup>nd</sup> – Sept. 25<sup>th</sup> (18 weeks) **\*Weather Dependant**  
Time: 10:00 am - 12:00 pm (average 2 hours duration)  
Location: To be announced weekly to registrants  
Cost: **FREE** to PAL (55+) members  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Jerry Johnstone - Email: [jerry.johnstone@icloud.com](mailto:jerry.johnstone@icloud.com) Phone: (204)803-4907  
Note: **All Participants must sign a waiver form. Helmets are mandatory.**  
**Must register and be a member of PAL (55+)**

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**PAL/FGMBC MIXED 55+ PICKLEBALL Session 1**  
**Novice/Intermediate Level – Beginners Welcome**

Dates: Weekly Tuesdays, Apr. 7<sup>th</sup> – May. 26<sup>th</sup> (8 weeks)  
Time: 10:00 am - 11:30 am  
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway  
Cost: \$38.00/per person  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Jerry Johnstone [jerry.johnstone@icloud.com](mailto:jerry.johnstone@icloud.com)  
Note: Varied skill levels. Limited spots available. The maximum number for this offering is **23 participants** with any beyond that placed on a wait list.  
**Must register and be a member of PAL (55+)**

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**PAL/FGMBC MIXED 55+ PICKLEBALL Session 2**  
**Higher Intermediate Level**

Dates: Weekly Tuesdays, Apr. 7<sup>th</sup> – May. 26<sup>th</sup> (8 weeks)  
Time: 12:00 pm - 1:30 pm  
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway  
Cost: \$38/per person  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Jerry Johnstone [jerry.johnstone@icloud.com](mailto:jerry.johnstone@icloud.com)  
Note: Varied skill levels. Limited spots available. The maximum number for this offering is **23 participants** with any beyond that placed on a wait list.  
**Must register and be a member of PAL (55+)**

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## SENIORS FITNESS

Dates: Weekly Tuesdays, Apr. 7<sup>th</sup> – Jun. 9<sup>th</sup> (10 classes)  
Time: 11:30 am – 12:30 pm  
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)  
Cost: \$60.00 /per member (Minimum of 15 participants)  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Instructor: Eleanor Single  
Information: All levels welcome.

**Please bring own mats and resistance bands. Weights are provided, limited bands available.  
Must register and be a member of PAL (55+)**

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## PAL PRESENTS

Dates: Weekly Tuesdays, Mar. 31<sup>st</sup> – Jun. 9<sup>th</sup>  
Time: 1:00 pm – 2:30pm  
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.

**Announcement of upcoming topics & events will appear every week in the E-blast and social media or contact the office for details.  
All Welcome!**

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## MOVIE & DINNER PALs

Dates: 3rd Tuesday of the month  
Apr. 21<sup>st</sup> May. 19<sup>th</sup> & Jun. 16<sup>th</sup>  
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](mailto:programs@pal55plus.ca)  
Convener: Laurie Morris

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

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# WEDNESDAY

## RESTORATIVE YOGA

Dates: Weekly Wednesdays, Apr. 1<sup>st</sup> – Jun. 17<sup>th</sup> (12 classes)  
Time: **NEW\*** 9:10 am – 10:10 am  
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)  
Cost: \$90.00/per member. (Minimum 8 participants)  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Instructor: Tally Young  
Information: All levels Welcome. You can bring your own mat and get down on the floor.  
**Please Note:** Yoga is done on carpeted floor in the Sanctuary.

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

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## PINPAL's BOWLING (Non-competitive)

Dates: Weekly Wednesdays, Apr. 1<sup>st</sup> – Apr. 29<sup>th</sup> (5 weeks)  
Time: 10:00 am – 12:00 pm  
Location: Dakota Lanes  
Cost: \$10 Admin Fee – Registration for the year.  
Individual pay \$12.00 per week - includes 3 games and shoe rental  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Marla Olinyk – [55pluspinpals@gmail.com](mailto:55pluspinpals@gmail.com)

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

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## BALANCE EXERCISES & MOVING STRETCHES

Dates: Weekly Wednesdays, Apr. 1<sup>st</sup> – Jun. 17<sup>th</sup> (12 weeks)  
Time: 11:15 am – 12:00 pm (45 minutes)  
Location: Online  
Cost: \$45/ per member (Minimum of 12 participants)  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Instructor: Monique Bohemier  
Information: All levels welcome.

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

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## PAL CAFÉ

Dates: Weekly Wednesdays, Apr. 1<sup>st</sup> – Jun. 24<sup>th</sup>  
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**  
Convener: Anna & Tony Zienkiewicz, Dale Shantz  
**All Welcome!**

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## PAL BOOK CLUB

Dates: 2nd Wednesday of the month – Apr.8<sup>th</sup>, May.13<sup>th</sup> & Jun. 10<sup>th</sup>  
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](mailto:programs@pal55plus.ca)  
Convener: Bea Shantz (204)619-2898  
**Must register and be a member of PAL (55+)**

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SPRING TIME

# THURSDAY

## ALWAYS WRITE

Dates: Weekly Thursdays Apr. 2<sup>nd</sup> – May. 28<sup>th</sup>  
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](mailto:programs@pal55plus.ca)  
Convener: Linda Mozol  
Information: All writing levels welcome.

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

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## **NEW PROGRAM\* PAL NEIGHBOURHOOD STROLL & SIP**

Dates: Weekly Thursdays, Apr. 9<sup>th</sup> – Jun. 25<sup>th</sup> (12 weeks) **\*Weather Dependent**  
Time: 9:30 am – 10:30 am Neighbourhood Stroll (average 1-1.5 hours duration)  
10:30 am – 11:30 am Coffee & Chat  
Location: Trinity United Church – 933 Summerside Ave. Neighbour walk in the area  
Cost: **FREE** to PAL (55+) members  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Maryann Koop  
Note: **All participants must sign a waiver form.** Walking Poles available if needed.

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

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## **PAL PAINTERS: Painting with Arlene Enns – CANCELLED**

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## **PAL WALKING/HIKING GROUP – EXPLORE WINNIPEG & MANITOBA SUMMER PROGRAM: NEW DAY\***

Dates: Thursdays, Jun. 11<sup>th</sup> – Aug. 27<sup>th</sup> (12 weeks) **\*Weather Dependent**  
Time: 10:00 am – 12:00 pm (average 2 hours duration)  
Location: To be announced weekly to registrants  
Cost: **FREE** to PAL (55+) members  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Jerry Johnstone – Email: [jerry.johnstone@icloud.com](mailto:jerry.johnstone@icloud.com) Phone: (204)803-4907  
Note: **All participants must sign a waiver form**

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

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## **NEW PROGRAM\* MEDITATION PROGRAM**

Dates: Thursday, Apr. 9<sup>th</sup> – Jun. 4<sup>th</sup> (8 weeks) **\*No class April. 16<sup>th</sup>**  
Time: 11:00am – 12pm  
Location: Trinity United Church – 933 Summerside Ave. (Sanctuary)  
Cost: **FREE**  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Instructor: Judith Burch  
Notes: Drop-ins welcome. Doors will be closed to late comers at **11:05 am**. All levels welcome.  
**Please bring your own mats, chairs are provided.**  
**Must register and be a PAL (55+) member.**

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## **PAL (55+) BINGO FUNDRAISER**

Dates: Last Thursdays of the month, Apr.30<sup>th</sup> & May. 28<sup>th</sup>  
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](mailto:programs@pal55plus.ca)  
**All Welcome.**

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# FRIDAY

## OLDER ADULT WEIGHT TRAINING

Dates: Weekly Fridays, Apr. 10<sup>th</sup> – Jun. 26<sup>th</sup> (12 weeks)  
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](mailto:programs@pal55plus.ca)  
Instructor: Monique Bohemier  
Information: All levels welcome.

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

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## PAL/FGMBC MIXED 55+ PICKLEBALL Session 3 Intermediate Level

Dates: Weekly Fridays, Apr. 10<sup>th</sup> - May. 29<sup>th</sup> (8 weeks)  
Time: 10:00 am - 11:30 am  
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway  
Cost: \$38.00/ per person  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Jerry Johnstone [jerry.johnstone@icloud.com](mailto:jerry.johnstone@icloud.com)  
Note: Low enrollment may necessitate higher fee or cancellation. Limited spots available.  
All sessions have a maximum enrolment of **23 participants** with any beyond that number placed on our managed wait list.

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

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## LUNCHPALS

Dates: Last Friday of the month – Apr. 24<sup>th</sup> & May. 29<sup>th</sup>  
**Jun – Aug. Lunch PAL Summer Outings & Dates to be determined**  
**More information coming soon!**  
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](mailto:programs@pal55plus.ca) or [lunchpals1@gmail.com](mailto:lunchpals1@gmail.com)  
Convener: Marla Olinyk – [lunchpals1@gmail.com](mailto:lunchpals1@gmail.com)

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

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**PAL/FGMBC MIXED 55+ PICKLEBALL Session 4**  
**Higher Intermediate Level**

Dates: Weekly Fridays, Apr. 10<sup>th</sup> – May. 29<sup>th</sup> (8 weeks)  
Time: 12:00 pm - 1:30 pm  
Location: Fort Garry Mennonite Brethren Church, 1771 Pembina Highway  
Cost: \$38.00/ per person  
To Register: Phone: 204-946-0839 or Email: [programs@pal55plus.ca](mailto:programs@pal55plus.ca)  
Convener: Jerry Johnstone [jerry.johnstone@icloud.com](mailto:jerry.johnstone@icloud.com)  
Note: Low enrollment may necessitate higher fee or cancellation. Limited spots available.  
All sessions have a maximum enrolment of **23 participants** with any beyond that number placed on our managed wait list.

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

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**SAVE THE DATES**  
**UPCOMING LARGE EVENTS**

**PAL (55+) Annual General Meeting:** Tuesday, June 23<sup>rd</sup>

**PAL (55+) Annual Picnic & Membership Drive:** Wednesday, August 26<sup>th</sup>

**New Members Orientation & Second Registration:** Wednesday, September 9<sup>th</sup>

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**For More Details & Information on Upcoming Programs & Events**

- Details will be communicated in the weekly e-blast.
- Visit our website at [pal55plus.ca](http://pal55plus.ca) for updates.
- Follow us on Facebook or Instagram [@pal55plus](https://www.instagram.com/pal55plus).
- Visit the PAL (55+) during office hours.

