

SUMMER 2026 PROGRAMS

MONDAY

PAL PUTTERS – 9 HOLE GOLF

Dates: Weekly, May. 18th – Sept. 28th (*Excluding Holidays)
Time: 7:30 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
Convener: Craeg Parker Email: craegparker@mymts.net

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

TUESDAY

MEN'S CASUAL BREAKFAST

Dates: Weekly (ongoing)
Time: 8:15 am
Location: Aaltos in the Canad Inns - 1824 Pembina Hwy.
Cost: (Individuals pay for own meal)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Convener: Dale Shantz - Phone: (204) 679-5210 Email: daleshantz@hotmail.com

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

OLDER ADULT WEIGHT TRAINING

Dates: Weekly, July 7th – Aug. 25th (8 classes)
Time: 9:15 am – 10:10 am
Location: Online
Cost: \$50.00 /per member (Minimum of 15 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Monique Bohemier
Information: All levels welcome.

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

PAL PEDALLERS CYCLING

Dates: Weekly, Jun. 2nd – Sept. 25th (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
Convener: Jerry Johnstone - Email: 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+)

WEDNESDAY

BALANCE EXERCISES & MOVING STRETCHES

Dates: Weekly Wednesdays, July 8th – Aug. 26th (8 weeks)
Time: 9:15 am – 10:00 am (45 minutes)
Location: Online
Cost: \$30/ per member (Minimum of 12 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Monique Bohemier
Information: All levels welcome.
Must register and be a PAL (55+) member.

THURSDAY

PAL WALKING/HIKING GROUP – EXPLORE WINNIPEG & MANITOBA

Dates: Weekly, Jun. 11th – Aug. 27th (12 weeks) ***Weather Dependant**
Time: 10:00 am – 12:00 pm (average 2 hour 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
Convener: Jerry Johnstone – Email: jerry.johnstone@icloud.com Phone: (204)803-4907
Note: **All participants must sign a waiver form**
Must register and be a PAL (55+) member.

FRIDAY

OLDER ADULT WEIGHT TRAINING

Dates: Weekly, July 10th – Aug. 28th (8 weeks)
Time: 9:15 am – 10:10 am
Location: Online
Cost: \$50.00 / per member (Minimum 15 participants)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca
Instructor: Monique Bohemier
Information: All levels welcome.

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

LUNCHPALS

Dates: Last Friday of the month; **Jun – Aug. Lunch PAL Summer Outings & Dates TBD**
More information coming soon!
Time: 11:30 am
Location: Various Restaurants
Cost: (Individual pays for own lunch)
To Register: Phone: 204-946-0839 or Email: programs@pal55plus.ca or lunchpals1@gmail.com
Convener: Marla Olinyk – lunchpals1@gmail.ca

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

SAVE THE DATE

UPCOMING EVENTS

Tuesday, June 23rd

PAL (55+) Volunteer Appreciation Celebration

Tuesday, June 23rd

PAL (55+) Annual General Meeting

Wednesday, August 26th

PAL (55+) Annual Picnic & Membership Drive

Wednesday, September 9th

New Members Orientation and Second Registration

For More Details & Information on Upcoming Programs & Events

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

