

SUMMER PROGRAM DESCRIPTIONS

Monday

PAL PUTTERS – 9-HOLE GOLF

Do you love golfing? Then join your PALs Monday mornings for a game of 9-hole golf. PAL Putters meet at 9 am at Southside Golf Course, 2226 Southside Road, Grand Point, MB. Meet new friends who enjoy golf as much as you do and get a chance to practice your swing.

Tuesday

MEN'S CASUAL BREAKFAST

PAL male members get together to have coffee or breakfast at Aalto's Restaurant, 1824 Pembina Hwy. Meet a group of great gentlemen, make a new friend or bring a friend for a delicious breakfast. Meals are paid by the individual.

OLDER ADULT WEIGHT TRAINING

In this 55-minute online exercise class, our instructor begins with a warm-up, followed by resistance training with resistance bands, free weights or your own body weight and then we finish with a stretch. Balance exercises are always incorporated, but it's not the main focus. There are no drop-ins allowed in this class as it gets full at around twenty people. Please note that this is an online class through Google Meet, and all levels are welcome.

PAL PEDALLERS CYCLING GROUP

PAL has studied the City of Winnipeg cycling maps extensively, looking at the availability of trails, pathways and bike lanes to allow for the safest rides for participants. In addition, PAL tries to consider destination points such as Fort White Alive and the Forks, as well as local parks and greenspaces.

Wednesday

BALANCE EXERCISES & MOVING STRETCHES

Balance exercises and stretches improve stability, coordination, and flexibility. Balance activities train your body to control its center of gravity, while stretching lengthens muscles to increase your range of motion. Combining them helps prevent falls, reduces injury, and enhances daily mobility.

Thursday

PAL WALKING/HIKING GROUP

For the purpose of this program, a “walk” can be defined as following a paved route of sidewalks or paved pathways, whereas a “hike” would follow trails of bark chips, gravel, or in some cases grass and exposed earth. These trails often have an irregular surface and can be a bit less stable than a paved surface. Good supportive walking shoes or light hiking shoes are recommended. For added support and stability, participants may choose to use a hiking/trekking pole, either rigid or adjustable.

Friday

OLDER ADULT WEIGHT TRAINING

In this 55-minute online exercise class, our instructor begins with a warm-up, followed by resistance training with resistance bands, free weights or your own body weight and then we finish with a stretch. Balance exercises are always incorporated, but it's not the main focus. There are no drop-ins allowed in this class as it gets full at around twenty people. Please note that this is an online class through Google Meet, and all levels are welcome.

LUNCHPALS

For our summer program, we have several field trips planned for June, July and August. We will avoid travelling on Monday or Friday. The cost is paid by the member. You must be a PAL member and register to receive an email. An RSVP is required to ensure that the outing can be planned and travel arrangements can be made for those interested in participating.
