



Pembina Active Living (55+)

FALL PROGRAMS 2018

Office Hours: Monday 9:00am – 3:00pm Thursday, 9:00am – 4:00pm and Friday, 9:00am – 11:30am PAL (55+) Office hours at Grace Christian Church, 50 Barnes St.

**Program fees include GST. Please make all cheques payable to PAL (55+).
NO POST-DATED CHEQUES WILL BE ACCEPTED**

Registration can be mailed to:

Pembina Active Living (55+)

RPO Box 34056

Winnipeg, MB R3T 5T5

Phone: 204-946-0839

Email: info@pal55plus.com

Website: www.pal55plus.com

Facebook: [pal55plus](https://www.facebook.com/pal55plus)

We reserve the right to cancel any class that does not meet the minimum requirements for registration. A full refund will be issued. **PAL (55+) is a registered charity.**

Program Locations: Grace Christian Church, 50 Barnes Street – PAL (55+) Office
St. Norbert Community Centre, 3450 Pembina Highway
Yoga, Pilates & More, #11-1325 Markham Rd

MONDAY

* no classes Oct 8 *

PALPUTTERS – 9 Hole Golf

Runs through the fall, weather permitting
8 am Tee off time

Contact: Jackie Snarr 204-261-3222

palputters@pal55plus.com

Southside Golf Course

2226 Southside, Rd Grande Point MB

Cost: Green Fees

Must Register and be a PAL (55+) member

SENIORS YOGA: Intermediate

Sep 10– Dec 3 (12 classes) * 9:15 – 10:15am

Instructor: Andrea Robin

Grace Christian Church

Cost: \$96.00 member

Contact: 204-946-0839

SENIORS YOGA: Beginners

Sep 10 – Dec 3 (12 classes) * 10:30 – 11:30am

Instructor: Andrea Robin

Grace Christian Church

Cost: \$96.00 member

Contact: 204-946-0839

OLDER ADULT RES/WEIGHT TRAINING

Sep 10 – Dec 3 (12 classes) * 9:00 – 10:00am

Instructor: Judy Olmstead-Coss

St. Norbert Community Centre

Cost: \$60.00 member

Contact: 204-269-6233

SENIORS FITNESS

Sep 10 – Dec 3 (12 classes) * 10:15 – 11:15am

Instructor: Eleanor Single

St. Norbert Community Centre

Cost: \$48.00 member

Contact: 204-946-0839

PAINTING – MIXED MEDIA

Intended for individuals of all levels of experience

Sep 10 – Dec 3 (12 classes) * 12:30 – 3:00pm

Instructor: Rachel Cholet

Grace Christian Church

Cost: \$120.00 plus supplies

Contact: 204-946-0839

LINE DANCE A mixed level class. Beginners welcome
Sep 10 – Dec 3 (12 classes) * 1:00 – 2:15pm
Instructor: Karen Hodgins

St. Norbert Community Centre
Cost: \$75.00 member
Contact: 204-946-0839

AFTERNOON MOVIE (at Grace)

Watch with other PAL (55+) members.
Popcorn supplied **Time: 12:30pm**
Titles: Sep 24 Lost and Found; Oct 22 The Free World;
Nov 19 The Christmas Calendar

Grace Christian Church
Cost: \$2.00 (drop-in fee, members)

Must register & be a PAL (55+) member

T U E S D A Y

MEN'S CASUAL BREAKFAST

Meet weekly at 9:00am
Contact: Mike 204-261-0960, Barry 204-275-3106

Smitty's Restaurant Lounge, 2855 Pembina Hwy
Participants pay their own costs
Must Register and be a PAL (55+) member

SENIORS YOGA: Gentle Yoga

Gentle Yoga incorporates seated and standing poses, focus on breath, balance practice and slow flowing sequences. Participants must be able to move easily from seated to standing and have some previous experience with yoga.

Sep 11 – Nov 27 (12 classes) 10:00am – 11:00am
Instructor: Aiyana Lajeunesse

Yoga, Pilates & More
Cost: \$96.00 member
Contact: 204-946-0839

MOVIEPALS – Last Tuesday of the Month

Contact: Heather Derkson 204-269-8003,
or Marg Ackerman 204-474-2615

The MoviePALs committee will send out an email or phone call to notify those who have indicated an interest.

Cineplex Odeon McGillivray Cinemas
Participants pay their own costs

Must register & be a PAL (55+) member

W E D N E S D A Y

PINPALS Five-Pin Bowling (non-competitive) - ALL welcome – can join anytime

Weekly 10:00am – 12:00pm **Starting Sept 5**
Contact: Marla Olinyk 204-269-5383

Dakota Lanes
Cost: \$9.00 (plus \$2.00 shoes, paid to Lanes)
Must register & be a PAL (55+) member

B-FIT FOR SENIORS

A soft cardio workout. Modifications will be made to suit each participant's age and physical condition
Sep 12 – Nov 28 (12 classes) 9:00 – 10:00am
Instructor: Silvina Holzman

St Norbert Community Centre
Cost: \$48.00 member
Contact: 204-946-0839

RESTORATIVE YOGA: All levels

Is a relaxation form of yoga, utilizing the support of props to sustain poses and focus on expansive breathing to create ease in the body. Benefits include greater flexibility and peace of mind. This class is appropriate for participants with limited mobility however must be able to get down and up from the floor without assistance

Sep 12 - Nov 28 (12 classes) 10:00 – 11:00am
Instructor: Aiyana Lajeunesse

Yoga, Pilates & More
Cost: \$96.00 member
Contact: 204-946-0839

**GENERAL MUSCULAR STRENGTH
CONDITIONING CLASS**

Participants will get a full body workout designed to hit every muscle group, using a variety of portable equipment such as Dynabands (must supply own resistance bands), hand weights & body weight exercises. Modifications & alternate exercises will be provided if participants cannot do floor work.

Sep 12 – Nov 28 (12 weeks) 10:30 – 11:30am
Instructor: Suni Matthews

St. Norbert Community Centre
Cost: \$60.00 member
Contact: 204-275-7639

ZUMBA GOLD **St. Norbert Community Centre**
Sep 12 – Nov 28 (12 classes) 12:00 – 1:00pm Cost: \$72.00 member
Instructor: Karen Hodgins Contact: 204-946-0839

T H U R S D A Y

OLDER ADULT RES/WEIGHT TRAINING **St. Norbert Community Centre**
Sep 13 – Nov 29 (12 classes) 9:00 – 10:00am Cost: \$60.00 member
Instructor: Judy Olmstead-Coss Contact: 204-269-6233

DROP-IN BRIDGE – Learn to play (for beginners) **Grace Christian Church**
Sep 6, 13, 20, 27 Oct 4, 11, 18, 25 Cost: \$2.00 (drop-in-fee, members)
Nov 1, 8, 15, 22, 29 Dec 6, 13 9:30 – 11:30am
Contact: 204-946-0839 **Must register & be a PAL (55+) member**

WRITING FROM WITHIN: Continuing to Write **Grace Christian Church**
Your Life Stories and Explore Self-Publishing
Continue to learn more about self-publishing and explore new themes as you add to your life story while **writing from within** your heart, mind, and soul. *A pre-requisite **Writing from Within: Beginning to Write Your Life Stories**.*
Sep 13 – Nov 15 (10 classes) 10:00am – 12:00pm Cost: \$70.00 member
Instructor: Elaine Hansen Contact: elaineha@mymts.net

STILL BLOOMIN' GARDENING CLUB **Grace Christian Church**
Sep 27 Oct 25, Nov 29 1:00 – 3:00pm Cost: \$2.00 (drop-in fee, members)
Contact: Bea Shantz beatriceshantz@gmail.com **Must Register & be a PAL (55+) member**
Lea Stein lstein@mymts.net
Carol Robson crobson@mymts.net
Sandy Chambers sandychambers@gmail.com

F R I D A Y

OLDER ADULT RES/WEIGHT TRAINING **Grace Christian Church**
Sep 14 – Nov 30 (12 classes) 9:15 – 10:15am Cost: \$60.00 member
Instructor: Judy Olmstead-Coss Contact: 204-269-6233

WRITING FROM WITHIN: Beginning to Write Your Life Stories **Grace Christian Church**
Begin to explore **writing from within** our heart, mind, and soul as you tell stories from your life.
Experience **writing from within** our group, as you connect through sharing written thoughts and memories while providing feedback to each other in a supportive setting. New writers welcome!
Sep 14 – Nov 16 (10 classes) 9:15 – 11:15am Cost: \$70.00 member
Instructor: Elaine Hansen Contact: elaineha@mymts.net

YOGALATES: All levels **Yoga Pilates & More**
Is a challenging and active class combining the strengthening of the whole body, including the core while stretching and using breathing techniques to leave you feeling energized and strong.
Sep 14 – Nov 30 (12 classes) 10:00 – 11:00am Cost: \$96.00 member
Instructor: Aiyana Lajeunesse Contact: 204-946-0839

**VARIETY FORMATS – MUSCLE & STRENGTH
CONDITIONING PLUS****Grace Christian Church**

Participants will enjoy a full body workout that will improve muscular strength & endurance as well as strengthening bones. Dynabands (must supply own resistance bands and yoga mat) & hand weights will be used along with body weight exercises. Introduction to “Circuit Training” & M.I.T.T.

Sep 14 – Nov 30 (12 weeks) 10:30 – 11:30am

Cost: \$60.00 member

Instructor: Suni Matthews

Contact: 204-275-7639

LUNCHPALS**Various Restaurants**Contact: lunchpals1@gmail.com

Cost: Own costs,

Audrey Blandford 204-801-7086 or

Must Register and be a PAL (55+) member

Margaret Campbell 204-261-3720

Program runs every second Friday

EVENTS**Open House**

10:00am - 4:00pm

Try Our Programs

Thursday September 6

Various programs available

Christmas Party -

1:00 – 3:00pm

Thursday Dec 6

Register for Winter Classes

Wellness, Leisure and Special Interest

1:00 - 3:00pm

Thursday October 18th – TBAThursday November 15th – TBAThursday January 17th – TBA**Computer Workshops**

1:00 - 3:00pm

Thursday October 4th – Computer Basics

\$20/class

Thursday November 1st – iphone (apple) basicsMonday January 10th – Buying online