



Pembina Active Living (55+)

SUMMER PROGRAMS 2021

During COVID-19 we ask that you use email or Canada Post for Membership Application and Program Registration.

In person programs will only take place when Provincial Covid-19 restrictions allow. Yoga, Tai Chi and Qigong will be held online should Covid-19 restrictions limit in-person programming.

We regret that we are unable to sustain our reduced program fees, which are increasing towards their pre-Covid levels to cover costs during a time of decreased revenue and fundraising. Summer fees represent a slightly lower than normal level which will be increasing again once we are up and running in our new facility.

MASKS ARE REQUIRED FOR ALL IN-PERSON ACTIVITIES

Registration can be sent by mail to the address below or by email to:

Pembina Active Living (55+)

Email: office@pal55plus.com

RPO Box 34056

Winnipeg, MB R3T 5T5

Website: www.pal55plus.com

Phone: 204-946-0839

Facebook: 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.**

M O N D A Y

*No Classes August 2nd *

PAL PUTTERS – 9 Hole Golf	Southside Golf Course
Masks are required	
Runs through the summer, weather permitting	2226 Southside Rd, Grande Point MB
May 3 – Sept 27 8 am Tee off time*	Cost: Green Fees
Contact: Craig Parker craegparker@mymts.net	Must Register and be a PAL (55+) member

(online) OLDER ADULT WEIGHT TRAINING	GoToMeeting
June 28 – Aug 30 (9 classes) *	Cost: \$36
9:15 – 10:15 am	
Instructor: Monique Bohemier	Contact: 204 946-0839

YOGA IN THE PARK	Crescent Park Drive
Masks are required	
June 28 – Aug 30 (9 classes) *	Cost: \$60
11:00 am – 12:00 pm online link for days when we cannot be outside.	
Instructor: Andrea Robin	Contact: 204-946-0839

T U E S D A Y

TAI CHI: All levels	Crescent Park Drive
Masks are required	
June 29 – Aug 31 (10 classes)	Cost: \$60
10:00 – 11:00 am online link for days we cannot be outside.	
Instructor: Jolie Lesperance	Contact: 204-946-0839

W E D N E S D A Y

PAL PEDALLERS CYCLING GROUP	* Class Full*	Richmond Kings C.C.
Masks are required		
May 19 – Sept 29	Cost: PAL (55+) Membership & Signed Waiver	
Must have own bicycle & bicycle helmet	204-803-4907	
10:00 am – 12:00 pm (20 weeks)	Contact: Jerry Johnstone jerry.johnstone@icloud.com	
	Must Register and be a PAL (55+) Member	

T H U R S D A Y

No classes July 1st

(online) OLDER ADULT WEIGHT TRAINING	GoToMeeting
June 24 – Aug 26 (9 classes) *	Cost: \$36
9:15 – 10:15 am	
Instructor: Monique Bohemier	Contact: 204-946-0839

QIGONG FOR VITALITY AND BALANCE	Crescent Park Drive
Masks are required	
June 24 – Aug 26 (9 classes) *	Cost: \$54
11:00 am – 12:00 pm <i>Possible online option TBD</i>	
Instructor: Jolie Lesperance	Contact: 204-946-0839

F R I D A Y

PAL WALKING/HIKING GROUP	*Class Full*	Various Locations
Masks are required		
Hikes in nature and urban walks. Beyond the Perimeter hikes. Some may require Provincial Park Passes.		
Location details will be distributed by email weekly.		
May 21 – Aug 27 10:00 – 12:00 pm (15 weeks)	Cost: PAL (55+) Membership	
Contact: Jerry Johnstone jerry.johnstone@icloud.com	204-803-4907	
	Must Register and be a PAL (55+) Member	

Office Hours: The Office will remain closed until further notice. Email and Phone will still be monitored during this time.

If you need assistance in setting up and accessing the GoToMeeting platform so that you may participate in online programming, please contact the office at 204-946-0839, Or office@pal55plus.com.