



# Pembina Active Living (55+)

## SPRING PROGRAMS 2016

Pre-Registration; Monday, March 14; 9:15am – 3:00pm Thursday March 17; 9:15am – 4:30 Friday, March 18; 9:15 – 11:30am, Monday March 21; 9:15-3:00pm GCC, 50 Barnes St.

**Program fees include GST. Please make all cheques payable to PAL 55+ and mail to RPO BOX 34056, WINNIPEG, MB, R3T 5T5**

**PAL email: [info@pal55plus.com](mailto:info@pal55plus.com)**

**Phone: 204-946-0839**

**Website: [www.pal55plus.com](http://www.pal55plus.com)**

**Facebook: [www.facebook.com/pal55plus](http://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.

**Locations:** Grace Christian Church, 50 Barnes Street (across from Superstore)  
St. Norbert Community Centre, 3450 Pembina Highway  
Fort Garry Community Centre, Hobson site, 880 Oakenwald

### MONDAY

**\*\* May 23 Victoria Day\*\* no classes**

#### **PAL Putters – 9 Hole Golf**

Start time – TBA runs through the summer

8:00am Tee Off Time.

**Southside Golf Course**

Cost: Green Fees

**Must be a member of PAL** Contact: TBD

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#### **SENIORS YOGA Intermediate**

April 4 – June 20 (12 classes) \*\* 9:15-10:15am

Instructor: Larry Isacoff

**Grace Christian Church**

Cost: \$75.00 (\$95.00 non-members)

Contact: 204-946-0839

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#### **SENIORS YOGA Beginners**

April 4 – June 20 (12 classes) \*\* 10:30-11:30am

Instructor: Larry Isacoff

**Grace Christian Church**

Cost: \$75.00 (\$95.00 non-members)

Contact: 204-946-0839

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#### **OLDER ADULT RESISTANCE/WEIGHT TRAINING**

April 4 – June 6 (9 classes) \*\* 9:00-10:00am

Instructor: Judy Olmstead-Coss

**St. Norbert Community Centre**

Cost: \$27.00 (\$47.00 non-members)

Contact: 204-269-6233

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#### **SENIORS FITNESS**

April 4 – June 20 (12 classes) \*\* 10:30-11:30am

Instructor: Eleanor Single

**St. Norbert Community Centre**

Cost: \$40.00 (\$60.00 non-members)

Contact: 204-946-0839

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#### **PAINTING - MIXED MEDIA**

Intended for individuals of all levels of experience

April 11 – June 6 (8 classes) \*\* 12:30-3:00pm

Instructor: Arlene Enns

**Grace Christian Church**

Cost: \$60.00 plus supplies (members)

\$80.00 plus supplies (non-members)

Contact: 204-946-0839

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#### **COMPUTER WORKSHOPS**

See bottom of schedule for class themes

April 11, 18, May 9, 16, June 20, 27

Instructor: Tina Strong 1:00 – 3:00pm

**Grace Christian Church**

Registration required for each separate workshop.

Cost: \$10.00 (workshop) + \$5 (laptop rental- only 5 available)

Contact: 204-946-0839

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**LINE DANCE** A mixed level class. Beginners welcome **St. Norbert Community Centre**  
April 4 – June 20 (12 classes) \*\* 1:00-2:15pm Cost: \$60.00 (\$80.00 non-members)  
Instructor: Karen Hodgins Contact: 204-946-0839

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**STRENGTH/MUSCLE CONDITIONING CLASS** **St. Norbert Community Centre**  
Enjoy a social atmosphere while working to improve muscular endurance, strength, flexibility & balance. Hand weights, resistance bands & body weight will be used.  
April 4 – June 20 (12 classes) \*\* 2:30–3:30pm Cost: \$40.00 (\$60.00 non-members)  
Instructor: Suni Matthews Contact: 204-275-7639

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**AFTERNOON MOVIE (at Grace)** **Grace Christian Church**  
Watch with other PAL participants. There's popcorn too! Cost: \$2.00 (drop-in fee, members), \$3.00 (drop-in fee, guest)  
April 25, May 30, June 27 - Start time: 12:30pm **Must register & be a member of PAL**  
Titles:

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### **T U E S D A Y**

**MEN'S CASUAL BREAKFAST** Meet at 9:00am. **Smitty's Restaurant Lounge, 2855 Pembina Hwy.**  
Participants pay their own costs & **must be a member of PAL** Contact: Mike 204-261-0960/Barry 204-275-3106

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**SENIORS YOGA** All Levels Welcome **Fort Garry Community Centre**  
April 5 – June 21 (12 classes) 11:45am-12:45pm Cost: \$75.00 (\$95.00 non-members)  
Instructor: Sarah McKiel Contact: 204-946-0839

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**B-FIT FOR SENIORS** All Levels Welcome **Fort Garry Community Centre**  
A soft cardio workout. Modifications will be made to suit each participant's age and physical condition.  
April 5 – June 21 (12 classes) 1:00-2:00pm Cost: \$40.00 (\$60.00 non-members)  
Instructor: Silvina Holzman Contact: 204-946-0839

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**MOVIEPALS** – Last Tuesday of the Month **Landmark Cinema 8 Grant Park**  
Contact: Fern MacPherson 204-261-0871, Heather Derkson Participants pay their own costs  
204-269-8003 Marg Ackerman 204-474-2615 **Must register & be a member of PAL**  
The MoviePALs committee will send out an email or phone call to notify those who have indicated an interest, in the movie selection for the month.

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### **W E D N E S D A Y**

**PINPALS Five-Pin Bowling** (non-competitive) - ALL welcome – can join anytime **Dakota Lanes**  
Continues until April 27 10:00am-12:00pm Cost: \$8.50 (plus \$1.00 shoes, paid to Lanes)  
Contact: Dorothy 204-275-3267/dlachance@mymts.net **Must register & be a member of PAL**

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**SENIORS YOGA** – Intermediate **St. Norbert Community Centre**  
April 6 – June 22 (12 classes) 9:30-10:30am Cost: \$75.00 (\$95.00 for non-members)  
Instructor: Sarah McKiel Contact: 204-946-0839

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**PAL PEDALLERS** **Richmond Kings Community Centre**  
May 4 – Sept 28 Cost: Must register & be a member of PAL  
Sign-up meeting: TBA Contact Stan 204-899-4198 email sfcroall@me.com

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**OLDER ADULT RESISTANCE/WEIGHT TRAINING** **St. Norbert Community Centre**  
April 6- June 8 (10 classes) 10:45-11:45am Cost: \$30.00 (\$50.00 non-members)  
Instructor: Judy Olmstead-Coss Contact: 204-269-6233

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<b>ZUMBA GOLD</b>	<b>St. Norbert Community Centre</b>
April 6 – June 22 (12 classes) 12:00pm – 1:00pm	Cost: \$60.00 (\$80.00 for non-members)
Instructor: Karen Hodgins	Contact: 204-946-0839

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<b>STRENGTH/MUSCLE CONDITIONING CLASS</b>	<b>St. Norbert Community Centre</b>
Enjoy a social atmosphere while working to improve muscular endurance, strength, flexibility & balance. Hand weights, Resistance bands and body weight will be used.	
April 6 – June 22 (12 weeks) 1:30 – 2:30pm	Cost: \$40.00 (\$60.00 for non-members)
Instructor: Suni Matthews	Contact: 204-275-7639

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### **T H U R S D A Y**

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<b>B-FIT FOR SENIORS</b>	<b>Grace Christian Church</b>
A soft cardio workout. Modifications will be made to suit each participant's age and physical condition.	
April 7- June 23 (12 classes) 9:15-10:15am	Cost: \$40.00 (\$60.00 non-members)
Instructor: Silvina Holzman	Contact: 204-946-0839

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<b>SENIORS YOGA Mixed Level</b>	<b>Grace Christian Church</b>
April 7-June 23 (12 classes) 10:30-11:30am	Cost: \$75.00 (\$95.00 non-members)
Instructor: Sarah McKiel	Contact: 204-946-0839

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<b>OLDER ADULT RESISTANCE/WEIGHT TRAINING</b>	<b>St. Norbert Community Centre</b>
April 7- June 9 (10 classes) 9:00-10:00am	Cost: \$30.00 (\$50.00 non-members)
Instructor: Judy Olmstead-Coss	Contact: 204-269-6233

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<b>SENIORS FITNESS</b>	<b>St. Norbert Community Centre</b>
April 7 – June 23 (12 classes) 10:30-11:30am	Cost: \$40.00 (\$60.00 non-members)
Instructor: Eleanor Single	Contact: 204-946-0839

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<b>WRITING FROM WITHIN PART TWO – Taking Our Life Stories to Print</b>	<b>Grace Christian Church</b>
Continue to explore new themes as you add to your life story while writing from within your heart, mind and soul. Experience writing from within the group, as we consider ways to share our writing collections in print as an individual or as a group. A pre-requisite for this group is the Writing From Within course from the 2015 Spring or Fall session.	
April 7- June 23 (12 classes) 10:00am-12:00pm	Cost: \$60.00 (\$80.00 non-members)
Instructor: Elaine Hansen	Contact: elaineha@mymts.net

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<b>DROP-IN BRIDGE &amp; CRIBBAGE</b>	<b>Grace Christian Church</b>
April 7, 14, 21, 28 May 5, 12, 19, 26 June 2, 9, 16, 23, 30	Cost: \$2.00 (drop-in-fee, members)
9:30-11:30am / Contact: 204-946-0839	Must register & be a member of PAL.

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<b>COOKING PALS</b>	<b>Grace Christian Church</b>
See bottom of schedule for class themes	Registration required for each separate class.
May 5, June 9	Cost: \$40.00 (\$60.00 non-members)
12:00-3:00pm	

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<b>STILL BLOOMIN' GARDENING CLUB</b>	<b>Grace Christian Church</b>
April 28, May 26, June 30	Cost: \$2.00 (drop-in fee, members), \$3.00 (drop-in fee, guest)
1:00-3:00pm	
Contact: Lois at 204-261-1368 or Darlene at darlw@icloud.com	Guests are welcome. Ongoing participation requires a membership

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**PACE PROGRAM****Grace Christian Church**

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Developed by the Arthritis Foundation, the PACE program is low-impact and is ideal for anyone who has been diagnosed with arthritis or who experiences joint pain, stiffness and/or limited range of motion.

April 7 – June 9 (10 classes) 3:30-4:30pm

Cost: \$50.00 (\$70.00 non-members)

Instructor: Silvina Holzman

Contact: 204-946-0839

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**FRIDAY**

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**OLDER ADULT RESISTANCE/WEIGHT TRAINING****Grace Christian Church**

April 8 – June 10 (10 classes) 9:15-10:15am

Cost: \$30.00 (\$50.00 non-members)

Instructor: Judy Olmstead-Coss

Contact: 204-269-6233

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**WRITING FROM WITHIN PART ONE – Beginning to****Grace Christian Church**

Write Our Life Stories

Explore writing from within your 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.

April 8 – June 24 (12 classes) 9:15 – 11:15am

Cost: \$60.00 (\$80.00 non-members)

Instructor: Elaine Hansen

Contact: elaineha@mymts.net

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**ZUMBA GOLD****Grace Christian Church**

April 8 – June 24 (12 classes) 10:30-11:30am

Cost: \$60.00 (\$80.00 non-members)

Instructor: Karen Hodgins

Contact: 204-946-0839

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**LUNCHPALS****Participants pay their own costs**

Contact: Elaine & Linda at lunchpals1@gmail.com or 204-261-6520

**Must register & be a member of PAL**

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**EVENTS**

**Pre-registration –** Monday March 14 9:15-3:00pm  
Thursday March 17 9:15 -4:30pm  
Friday March 18 9:15-11:30pm  
Monday March 21 9:15-3:00pm

**Volunteer Appreciation –** Thursday April 14 1:00-4:00pm at Grace Church

**AGM – Annual General Meeting** Thursday June 2<sup>nd</sup>. 1:00-3:00pm at Grace Church

**Flea Market –** June 30 1:00-3:00pm at Grace Church

**Annual Summer Picnic –** Tuesday August 23 details TBA

**PRESENTATIONS/WORKSHOPS**

**Wellness Leisure & Special Interest Series –** 1:00pm -3:00pm

Thursday April 7

Thursday May 12 Caring for family with Dementia

**ComputerPALs-**

April 11 iPad Part 1 –

April 18 iPad Part 11

May 9 Facebook Part 1 –

May 16 Facebook Part 11

June 20<sup>th</sup> Intro to Computers Part 1 – June 23 Intro to Computers Part 11

**CookingPALs-**

May 5-TBA

June 9-TBA

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**PAL is a registered Charity. Please think of us when giving your charity donations this year.**

**Membership is required for participation in all PAL drop in programs, with the exception of one time guests. Participants must register and be a member of PAL for MoviePALS, PinPALS, Bridge & Cribbage, Computers, LunchPALS, Men's Casual Breakfast and Afternoon Movie.**

**Please contact our Administrative Assistant Tenille at 204-946-0839 or [office@pal55plus.com](mailto:office@pal55plus.com) if you have any questions about any of the PAL (55+) programs.**