

Seniors are the fastest growing sector of our society. A healthy lifestyle includes social activity. PAL (55+) is the first step in getting you there. If you have suggestions or ideas to share please let us know.

Every journey begins with a single step.

PAL (55+) invites all seniors in south Winnipeg to become members. Your annual membership fee gives you a reduced rate on programs, and discounts at local businesses. PAL (55+) has many volunteer opportunities and last year volunteers contributed approximately 5,500 hours to help make the organization as successful as it is.

Charitable Registration # 84059 7512 RR0001

HERE'S HOW YOU CAN CONNECT WITH PAL (55+)

Please contact us to become a member, enroll in a class, share your ideas, or offer to help.



Phone:

204.946.0839



Mailing Address:

Pembina Active Living (55+) RPO Box 34056 Winnipeg, MB R3T 5T5



Email & Facebook:

info@pal55plus.com facebook.com/pal55plus

Four programming locations:

Grace Christian Church

50 Barnes St. (behind Superstore)

St. Norbert Community Club 3450 Pembina Hwy.

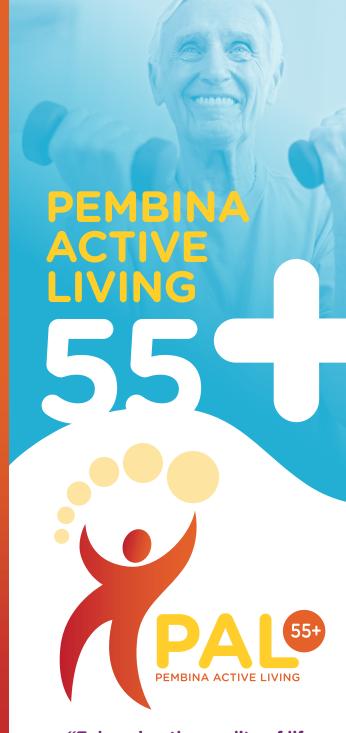
Fort Garry Community Centre

Hobson site, 880 Oakenwald Ave.

Linden Woods Community Centre

414 Lindenwood Drive W.

Website: pal55plus.com



"Enhancing the quality of life for older adults in South Winnipeg"

Pembina Active Living (55+) is the Seniors' Group in South West Winnipeg that is a registered charity.

Some of the programs being offered include:

WE OFFER:

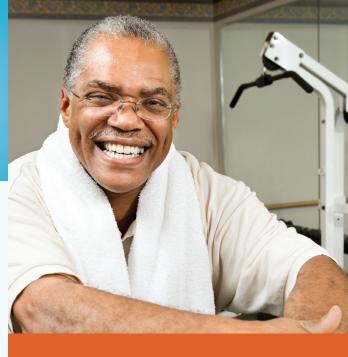
- PAL (55+) membership of well over 400 members;
- A growing list of programs and activities for older adults which are currently available or in the planning stages;
- More than 900 people on the mailing list who receive updates of new programs or upcoming events organized by PAL (55+);
- The popular Still Bloomin' Gardening Club a monthly event with special guest speakers;
- Planned special events such as Zing into Spring, Picnic, Fundraising Dinner & the Christmas Get-Together;
- Quarterly newsletter

REGULAR PROGRAMS:

Seniors Yoga
Painting - Mixed Media
Line Dance
Zumba Gold
Older Adult Resistance Training
Seniors Fitness
Men's Casual Breakfast
Meditation
Still Bloomin' Gardening Club (monthly)
MoviePALS (monthly)
LunchPALS
Drop-in Bridge & Cribbage
Computer Workshops
Educational Presentations

SEASONAL PROGRAMS:

PAL Putters (Golf Group)
PinPALS (Five-Pin Bowling)
Urban Poling
PAL Pedallers
Bocce Ball



GET INVOLVED!

- Socialize
- Get fit & active!
- Find new interests
- Broaden your horizons
- Become involved in your community
- Volunteer & share your skills
- Share your ideas
- Take advantage of discounts
- Donate