



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](mailto:info@pal55plus.com)  
[facebook.com/pal55plus](https://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](http://pal55plus.com)



**PEMBINA  
ACTIVE  
LIVING**

**55+**



**“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