



# Pat Porter Active Living Centre In-Person Programs

*Updated: November 1, 2022*

We are in full swing here at PPALC In-Person Programs. We will keep this document updated so please check back regularly to see what we are offering and how to register. **\$2** for members and **\$4** for non-members.

**REGISTRATION:** Required for **ALL** programs. Call ahead at 204-320-4600.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 am	<b>Walking</b> 8:30 – 9am	<b>Walking</b> 8:30 – 9am	<b>Walking</b> 8:30 – 9am	<b>Walking</b> 8:30 – 9am	<b>Walking</b> 8:30 – 9am
9am	<b>Pickleball</b> 9am – 10:30 pm <b>Beginner Pickleball</b> 10:30 – 12pm	<b>Pickleball</b> 9am – 10:30 pm <b>Beginner Pickleball</b> 10:30 – 12pm	<b>Pickleball</b> 9am – 10:30 pm <b>Beginner Pickleball</b> 10:30 – 12pm	<b>Pickleball</b> 9am – 10:30 pm <b>Beginner Pickleball</b> 10:30 – 12pm	<b>Pickleball</b> 9am – 10:30 pm <b>Beginner Pickleball</b> 10:30 – 12pm <b>Yoga</b> 9 -10am
10am	<b>Coffee Corner</b> 10am – 12pm	<b>Coffee Corner</b> 10am – 12pm	<b>Coffee Corner</b> 10am – 12pm <b>Choir</b> 10 – 11:30 am	<b>Coffee Corner</b> 10am – 12pm	<b>Coffee Corner</b> 10am – 12pm
11am					
12pm	<b>Badminton</b> 12-1pm	<b>Badminton</b> 12-1pm	<b>Badminton</b> 12-1pm	<b>Badminton</b> 12-1pm	<b>Badminton</b> 12-1pm
1pm	<b>Laughter Yoga</b> 1 -2 pm <b>Cards (Bridge)</b> 1 – 3pm	<b>Fitness Drumming</b> 1: 1:45pm <b>Cards (Canasta)</b> 1 – 3pm	<b>PACE</b> 1 – 1:45pm <b>Cards (Crib)</b> 1 -3 pm	<b>Cards (Canasta)</b> 1 – 3pm	<b>Craft Corner</b> 1-3pm <b>Cards (Phase 10)</b> 1 -3 pm
2pm		<b>Beginner Pickleball</b> 2-3:30pm	<b>Floor Curling</b> 1-3:30pm <b>Pickleball (1 crt)</b> 1-3pm	<b>Beginner Pickleball</b> 1-3:30pm	<b>Beginner Pickleball</b> 1-3:30pm
3pm					
4pm			<b>Pickleball</b> 4-6pm		
5pm					
6pm					
7pm	<b>Evening Pickleball</b> 7– 9pm <b>Games Night</b> 7-9pm		<b>OTCJ</b> 7-9pm <b>Games Night</b> 7-9pm		

**Steinbach Rockin' Rollers:** Sundays from 5 – 7 pm