Join Us Today!

Benefits of membership include:

- Member rates for programs (Some are even FREE!)
- Access to members-only programs
- Voting privileges at members meetings
- Coffee cards
- Delivery of our bi-monthly newsletter

And all for an affordable price!

With over 1100 members and growing, Good Neighbours is a welcoming place to meet new friends and pursue new interests that are sure to enhance your overall well-being.

Don’t forget to visit our used bookstore.

Are you 55+?

“Providing Programs and Services to Individuals 55 and older”

Good Neighbours Active Living Centre
720 Henderson Hwy
Winnipeg, Manitoba  R2K 0Z5
Phone: 204-669-1710
Fax: 204-661-0750
E-mail: assist@gnalc.ca

VISIT OUR WEBSITE
www.gnalc.ca

Want to...

Meet new people?
Learn a new skill?
Stay healthy and active?
Have fun!?!
Come and experience…

Good Neighbours’ vibrant, friendly and fun community for yourself. Take part in over 50 different programs offered weekly; volunteer, or just come and enjoy lunch with us daily at Hobnobs Café.

Wellness Services

Foot Care Clinics
Monthly Health Consultations with a registered Nurse and occupational therapist
And many more programs, see our website for details at www.gnalc.ca

What You Get...

Are you looking to...

Stay physically active or get in shape?
A variety of fitness classes

Explore your creative side?
Painting, writing classes and woodcarving

Share your love of music with others?
Choristers or instructor-led music classes

Learn about the latest technology?
Computer classes and technology workshops

Explore holistic programs?
Yoga drumming

Participate in recreational programs?
Card games, racquet sports and billiards

Meet new people?
Teas, dances and potlucks

Get information on issues affecting 55+?
Presentations on healthy living, financial planning and community resources

And much, much more!