



MAY 2024

Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Where is the Program?</p> <p>FC - Fitness Center JS - John Sweeney</p>			1 1:30 SMART Classes (JS)	2 1:30 Stretching Class (FC)	3 Walking Challenge Day Walk all of the halls in the Retirement Home! 10:00 Balance Class (JS)	4 10:00 Walking Club
5 Ask Heather for the monthly stretch sheets!	6 Walking Challenge Day Walk all of the halls in the Retirement Home! 1:30 SMART Classes (JS)	7 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	8 9-5 Wheelchair/Walker Cleaning Clinic –JS 1:30 SMART Classes (JS)	9 1:30 Stretching Class (FC)	10 10:00 Balance Class (JS)	11 10:00 Walking Club
12 Ask Heather for the monthly stretch sheets!	13 1:30 SMART Classes (JS)	14 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	15 1:30 SMART Classes (JS)	16 Walking Challenge Day Walk all of the halls in the Retirement Home! 1:30 Stretching Class (FC)	17 10:00 Balance Class (JS)	18 10:00 Walking Club
19 Ask Heather for the monthly stretch sheets!	20	21 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	22 Walking Challenge Day Walk all of the halls in the Retirement Home! 1:30 SMART Classes (JS)	23 1:30 Tai Chi	24 10:00 Balance Class (JS)	25 10:00 Walking Club
26 Ask Heather for the monthly stretch sheets!	27 Walking Challenge Day Walk all of the halls in the Retirement Home! 1:30 SMART Classes (JS)	28 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	29 1:30 SMART Classes (JS)	30 1:30 Stretching Class (FC)	31 Walking Challenge Day Walk all of the halls in the Retirement Home!	