



# September

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>EXERCISE LOCATIONS</b></p> <p>F = Florence Meares Senior Centre            B = Basement Fitness Center            T = Meet outside Town Hall            S= Stuart Freeman School House</p>		<p>As a reminder, <i>please always check the daily poster boards</i> on Main Street for any changes to the schedule/room location.</p> <p>Sign-up is not required to attend any PAL Programs</p>				
<p><b>Retirement PAL Team CONTACT INFO:</b> ext. 1887            Andrew Soumbos (PAL Coordinator, R.Kin)            Caleb Ramey (PAL Coordinator, R.Kin)</p>		<p>Programs outlined in <b>RED</b> are <i>outdoors</i> and therefore <i>weather dependent</i></p>			<p>1</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Balance Class w/ Andrew (F)</p> <p>Caleb off</p>	<p>2</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Strength &amp; Conditioning w/ Caleb (B)</p> <p>Andrew off</p>
<p>3</p> <p>11 AM – Morning Stretching w/ Caleb (F)            4 PM – Strength &amp; Conditioning w/ Caleb (B)</p> <p>Andrew off</p>	<p>4</p> <p><b>LABOUR DAY</b>            No PAL Programs Today</p> <p>Andrew and Caleb off</p>	<p>5</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Caleb (F)  <b>2/3 PM – Nordic Poles w/ Caleb (T)</b>            4 PM – Strength &amp; Conditioning w/ Caleb (B)</p>	<p>6</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Fit for Life w/ Caleb (B)            11 AM – Sit &amp; Be Fit w/ Andrew (F)</p>	<p>7</p> <p>9:30 AM – Swimming w/ Caleb (F)            10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Stretching w/ Caleb (F)</p>	<p>8</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Balance Class w/ Andrew (F)</p> <p>Caleb off</p>	<p>9</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Strength &amp; Conditioning w/ Andrew (B)</p> <p>Caleb off</p>
<p>10</p> <p>NO PAL PROGRAMS TODAY.</p> <p>Caleb off</p>	<p>11</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Fit for Life w/ Caleb (B)  <b>4 PM – Outdoor Walk w/ Caleb (T)</b></p> <p>Andrew off</p>	<p>12</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)  <b>2/3 PM – Nordic Poles w/ Caleb (T)</b>            4 PM – Strength &amp; Conditioning w/ Caleb (B)</p>	<p>13</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Fit for Life w/ Caleb (B)            11 AM – Sit &amp; Be Fit w/ Andrew (F)</p>	<p>14</p> <p>9:30 AM – Swimming w/ Caleb (F)            10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Stretching w/ Caleb (F)</p>	<p>15</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Balance Class w/ Andrew (F)</p> <p>Caleb off</p>	<p>16</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Strength &amp; Conditioning w/ Caleb (B)</p> <p>Andrew off</p>
<p>17</p> <p><b>TERRY FOX WALK</b>            Meet at Town Hall            10 AM</p> <p>Andrew off</p>	<p>18</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Fit for Life w/ Caleb (B)  <b>4 PM – Outdoor Walk w/ Caleb (T)</b></p> <p>Andrew off</p>	<p>19</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)  <b>2/3 PM – Nordic Poles w/ Caleb (T)</b>            4 PM – Strength &amp; Conditioning w/ Caleb (B)</p>	<p>20</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p>Caleb Off-Site</p>	<p>21</p> <p>9:30 AM – Swimming w/ Caleb (F)            10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Stretching w/ Caleb (F)</p>	<p>22</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Balance Class w/ Andrew (F)</p> <p>Caleb off</p>	<p>23</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Strength &amp; Conditioning w/ Andrew (B)</p> <p>Caleb off</p>
<p>24</p> <p>NO PAL PROGRAMS TODAY.</p> <p>Caleb off</p>	<p>25</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Fit for Life w/ Caleb (B)  <b>4 PM – Outdoor Walk w/ Caleb (T)</b></p> <p>Andrew off</p>	<p>26</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)  <b>2/3 PM – Nordic Poles w/ Caleb (T)</b>            4 PM – Strength &amp; Conditioning w/ Caleb (B)</p>	<p>27</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Fit for Life w/ Caleb (B)            11 AM – Sit &amp; Be Fit w/ Andrew (F)</p>	<p>28</p> <p>9:30 AM – Swimming w/ Caleb (F)            10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Stretching w/ Caleb (F)</p>	<p>29</p> <p>10 AM – Sit &amp; Be Fit w/ Andrew (F)            11 AM – Sit &amp; Be Fit w/ Andrew (F)            4:15 PM – Balance Class w/ Andrew (F)</p> <p>Caleb off</p>	<p>30</p> <p>10 AM – Sit &amp; Be Fit w/ Caleb (F)            11 AM – Strength &amp; Conditioning w/ Caleb (B)</p> <p>Andrew off</p>