

PAL Exercise Calendar October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Sign-Ups (MHR) 2:30 Balance	2 9:30 Walk at Whitby Waterfront (sign-up) 11:00 Level 1 1:15 Chair Zumba 2:30 Stretch/Strengthen	3 10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga	4 1:15 Level 1 2:00 Level 2	5 11:00 Level 1	6 11:15 Level 1 2:00 Drum-Fitness	7 10:00 Level 2
8 2:00 Balance	9 Happy Thanksgiving Monday! 10:30 Hand Therapy (SH)	10 10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga	11 10:30 Seated Soccer 1:15 Level 1 2:00 Level 2	12 10:00 Swim Fit (sign-up) 11:00 Level 1 2:00 Balance	13 10:00 Men's Strength Training 11:15 Level 1 2:00 Drum-Fitness	14
15 ACTIVE AGING WEEK	16 10:30 Seated Boxing 11:00 Level 1 1:15 Chair Zumba	17 10:30 Brain Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Tai Chi	18 1:15 Level 1 2:00 Parachute Launch Fitness	19 10:00 Swim Fit (sign-up) 11:00 Level 1 2:00 Seated Badminton	20 10:30 Handball Competition with LTC 11:15 Level 1 2:00 Drum-Fitness	21 10:00 Level 2
22 2:00 Balance	23 9:30 Walk at Cullen Garden (sign-up) 11:00 Level 1 2:30 Stretch/Strengthen	24 10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga	25 10:30 Seated Soccer 1:15 Level 1 2:00 Exercise Circuit	26 10:00 Swim Fit (sign-up) 11:00 Level 1 2:00 Walking Balance (sign-up) 2:30 Walking Balance (sign-up)	27 10:00 Men's Strength Training 11:15 Level 1 2:00 Drum-Fitness	28 10:00 Level 2
29 2:30 Balance	30 10:30 Hand Therapy (SH) 11:00 Level 1 1:15 Chair Zumba 3:00 Stretch/Strengthen	31 10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga	Active Aging Week is October 16-20th – Check out the different exercise programs! All exercises classes are located in the Seniors' Centre, unless indicated. Questions – Call <u>8017</u> to reach Amelie and Melissa			