

PAL Exercise November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November is Falls Prevention Month!</p> <p>All programs are located in the Seniors' Centre, unless indicated.</p> <p>Questions – Call <u>8017</u> to reach Amelie and Melissa</p>						
			1	2	3	4
			10:00 Sign up for Activities (MHR) 10:45 Level 1	10:15 Swim Fit (sign-up) 11:00 Level 1 2:00 Balance 2:30 Falls Prevention Education Event (TH)	10:00 Men's Strength Training 11:15 Level 1	
5	6	7	8	9	10	11
	10:30 Hand Therapy (SH) 11:00 Level 1 1:15 Chair Zumba 2:30 Stretch/Strengthen	10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi	10:00 Seated Boxing 10:45 Level 1 2:00 Level 2	10:15 Swim Fit (sign-up) 11:00 Level 1 2:00 Balance	10:00 Men's Strength Training 11:15 Level 1 2:00 Drum-Fitness	<i>Remembrance Day!</i> 2:00 Level 2
12	13	14	15	16	17	18
2:00 Balance	10:30 Hand Therapy (SH) 11:00 Level 1 2:30 Exercise Circuit	10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi	10:00 Seated Boxing 10:45 Level 1 2:00 Level 2 4-7pm Wheelchair & Walker Cleaning Clinic	10:15 Swim Fit (sign-up) 11:00 Level 1 2:00 Balance	10:00 Men's Strength Training 11:15 Level 1 2:00 Drum-Fitness	<i>Christmas Bazaar!</i>
19	20	21	22	23	24	25
2:00 Balance	10:30 Hand Therapy (SH) 11:00 Level 1 1:15 Chair Zumba 2:30 Stretch/Strengthen	10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi	10:00 Fall Prevention Balance Obstacle Course (TH) 10:45 Level 1 2:00 Level 2	10:15 Swim Fit (sign-up) 11:00 Level 1 2:00/2:30 Walking Balance (sign-up)	10:00 Men's Strength Training 11:15 Level 1 2:00 Drum-Fitness	
26	27	28	29	30		
	10:30 Hand Therapy (SH) 11:00 Level 1 2:30 Stretch/Strengthen	10:30 Women's Fitness 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi	10:00 Seated Boxing 10:45 Level 1 2:00 Level 2	11:00 Level 1		