



DECEMBER 2023

Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:00 Balance Class (JS)	2 10:00 Walking Group
3 See Heather for the monthly stretch sheets!	4 1:30 SMART Exercises (JS)	5 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	6 1:30 SMART Exercises (JS)	7 OPEN GYM DAY WITH HEATHER (FC) 1:30 Stretching Class	8 10:00 Balance Class (JS)	9 10:00 Walking Group
10 See Heather for the monthly stretch sheets!	11 11:30 Hand Therapy 1:30 SMART Exercises (JS)	12 OPEN GYM DAY	13 1:30 SMART Exercises (JS)	14 OPEN GYM DAY 1:30 Stretching Class (FR)	15 10:00 Balance Class (JS)	16 10:00 Walking Group
17 See Heather for the monthly stretch sheets!	18 1:30 SMART Exercises (JS)	19 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	20 1:30 SMART Exercises (JS)	21 OPEN GYM DAY WITH HEATHER (FC) 1:30 Stretching Class (FR)	22 10:00 Balance Class (JS)	23 10:00 Walking Group
24 See Heather for the monthly stretch sheets!	25 X-MAS	26 BOXING DAY	27 OPEN GYM DAY	28 10:00 Fitness in Egerton 11:00 Balance Class (JS)	29 OPEN GYM DAY	30 10:00 Walking Group