



November

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>EXERCISE LOCATIONS 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>Programs outlined in RED are <i>outdoors</i> and therefore <i>weather dependent</i></p>		<p>1 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>2 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>3 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F)</p>	<p>4 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B)</p>	
<p>5 NO PAL PROGRAMS TODAY.</p>	<p>6 NO PAL PROGRAMS TODAY.</p>	<p>7 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>8 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>9 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>10 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F)</p>	<p>11 NO PAL PROGRAMS TODAY. <i>Andrew off</i></p>
<p>12 NO PAL PROGRAMS TODAY. <i>Andrew off</i></p>	<p>13 NO PAL PROGRAMS TODAY.</p>	<p>14 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>15 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>16 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>17 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F)</p>	<p>18 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B)</p>
<p>19 NO PAL PROGRAMS TODAY.</p>	<p>20 NO PAL PROGRAMS TODAY. <i>Andrew off</i></p>	<p>21 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>22 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>23 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>24 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F)</p>	<p>25 NO PAL PROGRAMS TODAY. <i>Andrew off</i></p>
<p>26 NO PAL PROGRAMS TODAY. <i>Andrew off</i></p>	<p>27 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (B) <i>Andrew off</i></p>	<p>28 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4 PM – Strength & Conditioning w/ Caleb (B)</p>	<p>29 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Caleb (B)</p>	<p>30 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p>	<p>Retirement PAL Team CONTACT INFO: ext. 1887 Andrew Soumbos (PAL Coordinator, R.Kin) Caleb Ramey (PAL Coordinator, R.Kin)</p>	