



2024



Retirement PAL Team CONTACT INFO:

Andrew Soumbos (PAL Coordinator, R.Kin) = 1887
 Caleb Ramey (PAL Coordinator, R.Kin) = 1887
 Megan Pryce-Jones (PAL Coordinator) = 1887



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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><i>Sign-up is not required to attend any PAL programs.</i></p>				<p>1</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)</p>	<p>2</p> <p>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><i>Caleb off</i></p>	<p>3</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F)</p>
<p>4</p> <p>10 AM – Morning Stretching w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)</p>	<p>5</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)</p>	<p>6</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)</p>	<p>7</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F) 3 PM – Osteopathy Workshop (T) 4:15 PM – Balance Class w/ Caleb (F) 7:15 PM – Evening Stretch w/ Megan (T)</p>	<p>8</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F)</p>	<p>9</p> <p>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><i>Caleb off</i></p>	<p>10</p> <p>NO PAL PROGRAMS TODAY.</p> <p><i>Caleb off</i></p>
<p>11</p> <p>SUPER BOWL SUNDAY</p> <p>10 AM – Pre-Game Stretching w/ Caleb (F) 3 PM – Football Toss w/ Caleb (F)</p>	<p>12</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)</p>	<p>13</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)</p>	<p>14</p> <p>VALENTINE'S DAY</p> <p>10 AM – Healthy Heart Chair Class w/ Caleb (F) 11 AM – Healthy Heart Chair Class w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)</p>	<p>15</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)</p>	<p>16</p> <p>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><i>Caleb off</i></p>	<p>17</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F)</p>
<p>18</p> <p>10 AM – Morning Stretching w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)</p>	<p>19</p> <p>FAMILY DAY</p> <p>NO PAL PROGRAMS TODAY.</p> <p><i>Andrew and Caleb off</i></p>	<p>20</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p> <p><i>Caleb off</i></p>	<p>21</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F) 7:15 PM – Evening Stretch w/ Megan (T)</p>	<p>22</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)</p>	<p>23</p> <p>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><i>Caleb off</i></p>	<p>24</p> <p>NO PAL PROGRAMS TODAY.</p> <p><i>Caleb off</i></p>
<p>25</p> <p>NO PAL PROGRAMS TODAY.</p> <p><i>Caleb off</i></p>	<p>26</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)</p>	<p>27</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p> <p><i>Caleb off</i></p>	<p>28</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit for Life w/ Caleb (F) 7:15 PM – Evening Stretch w/ Megan (T)</p>	<p>29</p> <p>10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)</p>	<p>EXERCISE LOCATIONS</p> <p>F = FLORENCE MEARES SENIOR CENTRE B = BASEMENT FITNESS CENTER T = TOWN HALL</p>	