



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
 Saifallah Ayyad (PAL Coordinator) =1887



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Programs outlined in <i>italics</i> are outdoors and therefore weather dependent.</p>	<p>1 EASTER MONDAY 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on Your Feet w/ Caleb (F) <i>Saif off</i></p>	<p>2 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Strength & Conditioning w/ Caleb (B)</p>	<p>3 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Saif (F) <i>4 PM – Outdoor Walk w/ Caleb (T)</i> 4:15 PM – Balance Class w/ Saif (F) 6:30 PM – Evening Stretch w/ Megan (T)</p>	<p>4 10 AM – Sit & Be Fit w/ Saif (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Strength & Conditioning w/ Saif (B) 4:15 PM – Afternoon Stretching w/ Caleb (F)</p>	<p>5 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i></p>	<p>6 10 AM – Sit & Be Fit w/ Saif (F) 11 AM – Fit on Your Feet w/ Saif (F) <i>Caleb off</i></p>	
	<p>7 10 AM – Morning Stretching w/ Saif (F) 4:15 PM – Strength & Conditioning w/ Saif (B) <i>Caleb off</i></p>	<p>8 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F) <i>Saif off</i></p>	<p>9 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Strength & Conditioning w/ Caleb (B) 4:15 PM – Afternoon Stretching w/ Saif (F)</p>	<p>10 6:30 PM – Evening Stretch w/ Megan (T) <i>Caleb and Saif off-site</i></p>	<p>11 10 AM – Sit & Be Fit w/ Saif (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Strength & Conditioning w/ Saif (B) 4:15 PM – Afternoon Stretching w/ Caleb (F)</p>	<p>12 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i></p>	<p>13 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on Your Feet w/ Caleb (F) <i>Saif off</i></p>
	<p>14 10 AM – Morning Stretching w/ Caleb (F) 4:15 PM – Strength & Conditioning w/ Caleb (B) <i>Saif off</i></p>	<p>15 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F) <i>Saif off</i></p>	<p>16 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Strength & Conditioning w/ Caleb (B) 4:15 PM – Afternoon Stretching w/ Saif (F)</p>	<p>17 10 AM – Chair Volleyball w/ Caleb & Saif (F) <i>4 PM – Outdoor Walk w/ Caleb (T)</i> 4:15 PM – Balance Class w/ Saif (F) 6:30 PM – Evening Stretch w/ Megan (T)</p>	<p>18 10 AM – Sit & Be Fit w/ Saif (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Saif (F)</p>	<p>19 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i></p>	<p>20 10 AM – Sit & Be Fit w/ Saif (F) 11 AM – Fit on Your Feet w/ Saif (F) <i>Caleb off</i></p>
	<p>21 10 AM – Morning Stretching w/ Saif (F) 4:15 PM – Strength & Conditioning w/ Saif (B) <i>Caleb off</i></p>	<p>22 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F) <i>Saif off</i></p>	<p>23 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Strength & Conditioning w/ Caleb (B) 4:15 PM – Afternoon Stretching w/ Saif (F)</p>	<p>24 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Saif (F) <i>4 PM – Outdoor Walk w/ Caleb (T)</i> 4:15 PM – Balance Class w/ Saif (F) 6:30 PM – Evening Stretch w/ Megan (T)</p>	<p>25 <i>Happy Birthday Caleb!</i> 10 AM – Sit & Be Fit w/ Saif (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Strength & Conditioning w/ Saif (B) 4:15 PM – Afternoon Stretching w/ Caleb (F)</p>	<p>26 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i></p>	<p>27 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on Your Feet w/ Caleb (F) <i>Saif off</i></p>
	<p>28 10 AM – Morning Stretching w/ Caleb (F) 4:15 PM – Strength & Conditioning w/ Caleb (B) <i>Saif off</i></p>	<p>29 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on Your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F) <i>Saif off</i></p>	<p>30 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Saif (F) 4:15 PM – Strength & Conditioning w/ Caleb (B) 4:15 PM – Afternoon Stretching w/ Saif (F)</p>	<p>EXERCISE LOCATIONS F = FLORENCE MEARES SENIOR CENTRE B = BASEMENT FITNESS CENTER T = TOWN HALL</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. <i>Sign-up is not required to attend any PAL programs.</i></p>	