


PAL Exercise April 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|--------------------------------|
|  | ¹ 10:30 Hand Therapy (SH) 3:00 Stretch/Strengthen | ² 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1 | ³ 2:00 Level 2 3:00 Level 1 | ⁴ 10:30 Stair Climbing Practice 2:00 Balance 3:00 Level 1 | ⁵ 10:30 Men's Strength Training 2:00 Level 1 | ⁶ 10:00 Level 2 |
| ⁷ 2:30 Balance | ⁸ Blue Jays Home Opener! 10:00 Level 1 10:30 Hand Therapy (SH) 1:15 Chair Zumba 2:30 Stretch/Strengthen | ⁹ 10:30 Women's Fitness 11:00 Dancing with Parkinson's (TH) 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1 | ¹⁰ 3:00 Level 1 | ¹¹ 10:15 Swim (sign-up) 2/2:30 Walking Balance (sign-up) 3:00 Level 1 | ¹² 10:30 Men's Strength Training 2:00 Level 1 | ¹³ 10:00 Level 2 |
| ¹⁴ 2:30 Balance | ¹⁵ 10:00 Level 1 10:30 Hand Therapy (SH) 2:30 Stretch/Strengthen | ¹⁶ 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1 | ¹⁷ 2:00 Level 2 3:00 Level 1 4:00-7:00 Cleaning Clinic (SC) | ¹⁸ 2:00 Functional Balance 3:00 Level 1 | ¹⁹ 10:30 Men's Strength Training 2:00 Level 1 | ²⁰ |
| ²¹ | ²² 10:00 Level 1 10:30 Hand Therapy (SH) 1:15 Chair Zumba 2:30 Stretch/Strengthen | ²³ World Table Tennis Day 10:30 Women's Fitness 11:00 Table Tennis 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi | ²⁴ 2:00 Level 2 3:00 Level 1 | ²⁵ 10:15 Swim (sign-up) 2:00 Balance 3:00 Level 1 | ²⁶ 10:30 Men's Strength Training 2:00 Level 1 | ²⁷ 10:00 Level 2 |
| ²⁸ 2:30 Balance | ²⁹ 10:00 Level 1 10:30 Hand Therapy (SH) 2:30 Exercise Circuit | ³⁰ 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1 | All programs are located in the Seniors' Centre, unless indicated. Questions – Call <u>8017</u> to reach Amelie or Melissa | | | |