

PAL Exercise May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">FC – Fitness Center in LTC MS – Main Street</p> <p align="center">All programs are located in the Seniors' Centre, unless indicated.</p> <p align="center">Questions – Call <u>8017</u> to reach Amelie or Melissa</p>						
			1	2	3	4
			10:00 Sign-Ups (MHR) 2:30 Level 2 3:30 Level 1 3:30 Olympic Practice – Shooting (SH)	10:30 Walking Soccer Practice 2:00 Balance 3:30 Level 1	10:30 Men's Strength Training 3:30 Level 1	10:00 Level 2
5	6	7	8	9	10	11
2:00 Balance	10:30 Hand Therapy (SH) 2:00 Olympic Practice – Parallel Bars (FC) 3:30 Level 1	1:30 Wheelchair/Walker Repair (FSL) 2:00 Olympic Practice – Canoe Slalom 3:30 Level 1	10:30 Olympic Practice – Nustep 2:30 Level 2 3:30 Level 1 3:30 Olympic Practice – Shooting (SH)	10:00 Swim (sign-up) 2:00 Functional Balance 3:30 Level 1	10:30 Men's Strength Training 2:00 Walking Soccer Outing (sign-up) 3:30 Level 1	
12	13	14	15	16	17	18
	10:30 Hand Therapy (SH) 1:15 Chair Zumba 2:30 Olympic Practice – Parallel Bars (FC) 3:30 Level 1	9:30 Olympic Practice – Canoe Slalom 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Alzheimer's Walk (MS) 3:30 Level 1	10:30 Olympic Practice – Soccer 2:30 Level 2 3:30 Level 1 3:30 Olympic Practice – Shooting (SH)	Rest Day!	10:30 Men's Strength Training	10:00 Level 2
19	20	21	22	23	24	25
2:30 Balance	10:30 Hand Therapy (SH) 3:00 Olympic Practice – Nustep	9:30 Olympic Practice – Canoe Slalom 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:00 Alzheimer's Fundraiser Pie in the Face (TH) 3:30 Level 1	9:30 Walk to Whitby Lakefront (sign-up) 2:30 Level 2 3:30 Level 1 3:30 Olympic Practice – Shooting (SH)	10:00 Swim (sign-up) 2/2:30 Walking Balance (sign-up) 3:30 Level 1	10:30 Men's Strength Training 3:30 Level 1	9:30 Alzheimer's Walk at Cullen Gardens (sign-up)
26	27	28	29	30	31	
2:30 Balance	10:30 Hand Therapy (SH) 1:15 Chair Zumba 2:30 Olympic Practice – Parallel Bars (FC) 3:30 Level 1	9:30 Olympic Practice – Canoe Slalom 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga/Tai Chi 3:30 Level 1	10:30 Olympic Practice – Soccer 2:30 Level 2 3:30 Level 1 3:30 Olympic Practice – Shooting (SH)	2:00 Balance 3:30 Level 1	3:30 Level 1	