

# July 2024 PAL Exercise Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<sup>1</sup> <b>Happy Canada Day!</b> 	<sup>2</sup> <b>10:00 Sign-Ups (MHR)</b> 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1	<sup>3</sup> 2:30 Level 2 3:30 Level 1	<sup>4</sup> <b>2/2:30 Walking Balance (sign-up)</b> 3:30 Level 1	<sup>5</sup> 10:30 Men's Strength Training 3:30 Level 1	<sup>6</sup> <b>2:00</b> Level 2
<sup>7</sup> 2:30 Balance	<sup>8</sup> 10:30 Hand Therapy (SH) 2:30 Stretch/Strength 3:30 Level 1	<sup>9</sup> 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1	<sup>10</sup> 2:30 Level 2 3:30 Level 1	<sup>11</sup> 2:00 Balance 3:30 Level 1	<sup>12</sup> 10:30 Men's Strength Training 3:30 Level 1	<sup>13</sup>
<sup>14</sup> 2:30 Balance	<sup>15</sup> 10:30 Hand Therapy (SH) 2:30 Stretch/Strength 3:30 Level 1	<sup>16</sup> 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1	<sup>17</sup> <b>2:00</b> Level 2 <b>4:30 Cleaning Clinic for Walkers/Wheelchairs in SC</b> 3:30 Level 1	<sup>18</sup> 2:00 Balance 3:30 Level 1	<sup>19</sup> 10:30 Men's Strength Training 3:30 Level 1	<sup>20</sup> 10:00 Level 2
<sup>21</sup> 2:30 Balance	<sup>22</sup> 10:30 Hand Therapy (SH) 2:30 Stretch/Strength 3:30 Level 1	<sup>23</sup> 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1	<sup>24</sup> <b>10:00 Swimming (sign-up)</b> 2:30 Level 2 3:30 Level 1	<sup>25</sup> <b>2:00 Functional Balance</b> 3:30 Level 1	<sup>26</sup> 10:30 Men's Strength Training 3:30 Level 1	<sup>27</sup> 10:00 Level 2
<sup>28</sup>	<sup>29</sup> 10:30 Hand Therapy (SH) 2:30 Stretch/Strength 3:30 Level 1	<sup>30</sup> 1:30 Wheelchair/Walker Repair (FSL) 3:30 Level 1	<sup>31</sup> <b>10:00 Swimming (sign-up)</b> <b>2:00</b> Level 2 3:30 Level 1	All programs are located in the Seniors' Centre, unless indicated. <b>Questions – Call 8017 to reach Amelie or Melissa</b>		