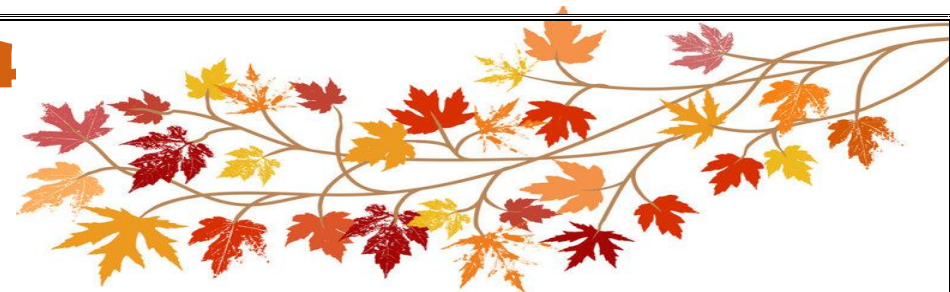




SEPTEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXERCISE LOCATIONS F = FLORENCE MEARES SENIOR CENTRE B = BASEMENT FITNESS CENTER T = TOWN HALL C = CAFÉ		As a reminder, <i>please always check the daily poster boards</i> on Main Street for any changes to the schedule/room location. Sign-up is not required to attend any PAL Programs				
1 10 AM – Morning Stretching w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B) <i>Bhav Off</i>	2 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Outdoor Walk w/ Melanie (T) <i>Bhav Off</i>	3 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	4 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Stretching w/ Melanie (F)	5 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) 2 PM – Terry Fox donation booth (C) w/Melanie 4 PM – Outdoor Walk w/ Melanie (T)	6 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	7 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (B) 4 PM – Outdoor Walk w/ Bhav (T) <i>Melanie Off</i>
8 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i>	9 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Outdoor Walk w/ Melanie (T) <i>Bhavini Off</i>	10 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 4 PM – Outdoor Walk w/ Melanie (T) 4:15 PM – Strength & Conditioning w/ Bhav (B)	11 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 2 PM – Terry Fox donation booth (C) w/Melanie 4:15 PM – Stretching w/ Melanie (F)	12 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (F)	13 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 2 PM – Terry Fox donation booth (C) w/Bhav 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	14 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (B) <i>Bhav Off</i>
15 TERRY FOX WALK Meet at Cafe 3:00 PM <i>Bhav Off</i>	16 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Outdoor Walk w/ Melanie (T) <i>Bhav Off</i>	17 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 4 PM – Outdoor Walk w/ Bhav (T) 4:15 PM – Strength & Conditioning w/ Melanie (B)	18 NO PAL PROGRAMS TODAY. <i>Melanie and Bhav Offsite</i>	19 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Bhav (F) 4 PM – Outdoor Walk w/ Melanie (T) 4:15 PM – Strength & Conditioning w/ Bhav (F)	20 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	21 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (B) 4 PM – Outdoor Walk w/ Bhav (T) <i>Melanie Off</i>
22 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i>	23 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Outdoor Walk w/ Melanie (T) <i>Bhavini Off</i>	24 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i>	25 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Stretching w/ Melanie (F)	26 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Melanie (F) 4 PM – Outdoor Walk w/ Melanie (T) 4:15 PM – Strength & Conditioning w/ Bhav (F)	27 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	28 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (B) 4 PM – Outdoor Walk w/ Melanie (T) <i>Bhav Off</i>
29 10 AM – Morning Stretching w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B) <i>Bhav Off</i>	30 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Outdoor Walk w/ Melanie (T) <i>Bhav Off</i>	Programs written in <i>ITALICS</i> are <i>outdoors</i> and therefore <i>weather dependent.</i>		Retirement PAL Team CONTACT INFO: ext. 1887 Melanie Dimitrovski (PAL Coordinator) Bhav Mistry (PAL Coordinator)		