

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  Caleb Away from Village	<b>Group Exercise Classes:</b> <ul style="list-style-type: none"> <li>• Standing Balance</li> <li>• Tai Chi</li> <li>• Drum Fit</li> <li>• Seated Yoga</li> <li>• Cardio Fit</li> <li>• Strength</li> <li>• Sweat Squad</li> </ul>	<b>1</b> 10:15 Standing Balance 1:45 Group Fitness (Strength)	<b>2</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	<b>3</b> 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	<b>4</b> 11:00 Line Dancing 1:45 Drum Fit (North Tower)	<b>5</b> 10:15: Morning Tai Chi 11:15 Bronte Total Body Fitness 2:00 Appleby Total Body Fitness
<b>6</b> 10:00 Oaklands Total Body Fitness 11:00 Nelson Total Body Fitness 1:45 Basketball and Ball Toss	<b>7</b> <b>ACTIVE AGING WEEK</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 2:00 Volleyball on Main St.	<b>8</b> <b>ACTIVE AGING WEEK</b> 10:15 Standing Balance 2:00 Michael Jackson Chair Dance Class	<b>9</b> <b>ACTIVE AGING WEEK</b> 9:15 Oaklands Fun & Fit 11:15 Nelson Fun & Fit 1:00 – 3:30 Neighbourhood Hockey Games	<b>10</b> <b>ACTIVE AGING WEEK</b> 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 11:30 TED Talks in Town Hall 1:45 Seated Yoga	<b>11</b> <b>ACTIVE AGING WEEK</b> 11:00 Line Dancing 1:45 Drum Fit (North Tower)	<b>12</b> Laura OFF
<b>13</b> Laura OFF	<b>14</b> <b>Thanksgiving</b> 🦃	<b>15</b> 10:15 Standing Balance 1:45 Group Fitness (Strength)	<b>16</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	<b>17</b> 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	<b>18</b> 11:00 Line Dancing 1:45 Drum Fit (North Tower)	<b>19</b>
<b>20</b>	<b>21</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	<b>22</b> 10:15 Standing Balance 1:45 Group Fitness (Cardio)	<b>23</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	<b>24</b> 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	<b>25</b> 11:00 Line Dancing 1:45 Drum Fit (North Tower)	<b>26</b> 10:15: Morning Tai Chi 11:15 Bronte Total Body Fitness 2:00 Appleby Total Body Fitness
<b>27</b> 10:00 Oaklands Total Body Fitness 11:00 Nelson Total Body Fitness 1:45 Basketball & Ball Toss	<b>28</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	<b>29</b> 10:15 Standing Balance 1:45 Group Fitness (Strength)	<b>30</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	<b>31</b> <b>Happy Halloween</b> 🎃 10:30 Halloween Parade 1:45 Seated Yoga	 <b>October</b>	