



# OCTOBER 2024

## Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ACTIVE AGING WEEK!</b> <b>Check poster for specific times!</b>	<b>HIDE AND SEEK</b> <b>In Each Neighbourhood</b>	<b>1</b> <b>Skipping and Hoola Hoop</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	<b>2</b> <b>Kite Flying</b> 1:30 SMART Classes (JS)	<b>3</b> <b>Hopscotch</b> 1:30 Stretching (FC)	<b>4</b> <b>Circuit in Eby Courtyard</b> 10:00 Balance Class (JS)	<b>5</b> 10:00 Walking Club
6 Check with Heather for the monthly stretch sheets!	7 1:30 SMART Classes (JS)	<b>8</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	9 1:30 SMART Classes (JS)	10 1:30 Tai Chi (JS)	11 10:00 Balance Class (JS)	12 10:00 Walking Club
13 Check with Heather for the monthly stretch sheets!	14 <b>THANKSGIVING!</b> 	<b>15</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	16 1:30 SMART Classes (JS)	17 1:30 Stretching (FC)	18 10:00 Balance Class (JS)	19 10:00 Walking Club
20 Check with Heather for the monthly stretch sheets!	21 1:30 SMART Classes (JS)	<b>22</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	23 1:30 SMART Classes (JS)	24 1:30 Tai Chi (EG)	25 10:00 Balance Class (JS)	26 10:00 Walking Club
27 Check with Heather for the monthly stretch sheets!	28 1:30 SMART Classes (JS)	<b>29</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	30 1:30 SMART Classes (JS)	<b>31 HALLOWEEN!</b> 1:30 Stretching (FC)		(JS) John Sweeney (FC) Fitness Center (EG) Egerton Lounge