



# SEPTEMBER 2024

## Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ask Heather for the monthly stretch sheets	2 OPEN GYM DAY	3 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	4 OPEN GYM DAY	5 1:30 Stretching	6 10:00 Balance Class (JS)	7 10:00 Walking Club
8 Ask Heather for the monthly stretch sheets	9 1:30 SMART Exercises	10 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	11 1:30 SMART Exercises	12 1:30 Tai Chi	13 10:00 Balance Class (JS)	14 10:00 Walking Club
15 Ask Heather for the monthly stretch sheets	16 1:30 SMART Exercises	17 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	18 1:30 SMART Exercises	19 1:30 Stretching	20 10:00 Balance Class (JS)	21 10:00 Walking Club
22 Ask Heather for the monthly stretch sheets	23 1:30 SMART Exercises	24 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	25 1:30 SMART Exercises	26 1:30 Stretching	27 10:00 Balance Class (JS)	28 10:00 Walking Club
29 Ask Heather for the monthly stretch sheets	30 1:30 SMART Exercises	31 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)				