



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				
Retirement PAL Team CONTACT INFO: ext. 1887 Melanie Dimitrovski (PAL Coordinator) Bhav Mistry (PAL Coordinator)		1 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	2 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – <i>Outdoor Walk w/ Melanie (T)</i> 4:15 PM – Stretching w/ Bhav (B)	3 10:30-2:30 HME Repair Booth (C) 10 AM – Sit & Be Fit w/ Bhav (B) 11 AM – Fit on your feet w/ Bhav (B) 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 – Balance w/ Bhav (F) <i>Melanie Off</i>	5 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) 4 PM – <i>Outdoor Walk w/ Bhav (T)</i> <i>Melanie Off</i>
6 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i>	7 ACTIVE AGING WEEK 10 AM Volleyball (F) 4 PM – <i>Autumn Outdoor Walk w/ Melanie (T)</i> <i>Bhav Off</i>	8 ACTIVE AGING WEEK 10 AM – Sit and Be Fit w/Bhav (F) 10:30 AM – Active Living Booth/Walking Bingo (C) 2 PM – Michael Jackson Chair Dancing (T)	9 ACTIVE AGING WEEK 10 AM – Hockey	10 ACTIVE AGING WEEK 10 AM – Smoothie Making (Hobby Shop) 11:30 AM - Ted Talks (T) 4:15 PM – Yoga/Tai Chi w/Bhav (F) <i>Melanie Offsite</i>	11 ACTIVE AGING WEEK 10 AM – Follow The Leader Class (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	12 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (F) 4 PM – <i>Outdoor Walk w/ Melanie (T)</i> <i>Bhav Off</i>
13 10 AM – Morning Stretching w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B) <i>Bhav Off</i>	14 Thanksgiving Day NO PAL PROGRAMS TODAY <i>Bhav and Melanie Off</i>	15 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	16 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – <i>Outdoor Walk w/ Melanie (T)</i> 4:15 PM – Stretching w/ Bhav (F)	17 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Melanie (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Strength & Conditioning w/ Melanie (B) 4:15 PM – Yoga/Tai Chi w/ Bhav (F)	18 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>	19 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) 4 PM – <i>Outdoor Walk w/ Bhav (T)</i> <i>Melanie Off</i>
20 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i>	21 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – <i>Morning Stretching w/ Melanie (F)</i> 4 PM – <i>Outdoor Walk w/ Melanie (T)</i> <i>Bhav Off</i>	22 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	23 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – <i>Outdoor Walk w/ Melanie (T)</i> 4:15 PM – Stretching w/ Bhav (F)	24 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Melanie (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Strength & Conditioning w/ Melanie (B) 4:15 PM – Yoga/Tai Chi w/ Bhav (F)	25 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>	26 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (F) 4 PM – <i>Outdoor Walk w/ Melanie (T)</i> <i>Bhav Off</i>
27 10 AM – Morning Stretching w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B) <i>Bhav Off</i>	28 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – <i>Outdoor Walk w/ Melanie (T)</i> <i>Bhav Off</i>	29 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Yoga/Tai Chi w/ Bhav (F)	30 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – <i>Outdoor Walk w/ Bhav (T)</i> 4:15 PM – Strength & Conditioning w/ Melanie (B)	31 HAPPY HALLOWEEN! NO PAL PROGRAMS TODAY	Programs written in <i>ITALICS</i> are <i>outdoors</i> and therefore <i>weather dependent.</i>	