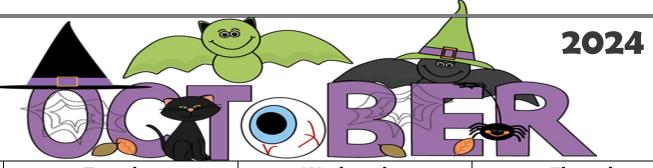


Bhav Off

Bhav Off



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
·	SE LOCATIONS IEARES SENIOR CENTRE	As a reminder, <i>please</i> a	lways check the daily p	poster boards on Main St	reet for any changes to	the schedule/roon	
B = BASEMENT FITNESS CENTER		location.					
T=	TOWN HALL		Cian un is not r		I Drograms		
•	C = CAFÉ		Sign-up is not re	equired to attend any PA	LPrograms		
		1	2	3	4	5	
<b>Retirement PAL 1</b>	Team CONTACT INFO:	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F)	<b>10 AM –</b> Sit & Be Fit w/ Bhav (F)	10:30-2:30 HME Repair Booth (C)	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F)	<b>10 AM –</b> Sit & Be Fit	
ext. 1887		11 AM – Sit & Be Fit w/ Bhav (F)	11 AM – Sit & Be Fit w/ Bhav (F)	Total List mile mapair Security	<b>11 AM</b> – Sit & Be Fit w/ Bhav (F)	w/ Bhav (F)	
		<b>4:15 PM</b> – Strength & Conditioning	<b>4 PM</b> – Outdoor Walk w/ Melanie (T)	<b>10 AM</b> – Sit & Be Fit w/ Bhav (B)	<b>4:15 PM</b> – Balance	<b>11 AM</b> – Fit on your feet	
Melanie Dimitrovski (PAL Coordinator)		w/ Melanie (B)	4:15 PM – Stretching w/ Bhav (B)	11 AM – Fit on your feet w/ Bhav (B)	w/ Bhav (F)	w/ Bhav (F)	
Bhay Mistry (	PAL Coordinator)			4:15 PM – Strength & Conditioning w/ Melanie (B)		4 PM – Outdoor Walk w/ Bhav (1	
Briat Wilsely (1712 coordinator)				ivicianie (b)	Melanie Off	Melanie Off	
6	7	8	9	10	11	12	
	ACTIVE AGING WEEK	ACTIVE AGING WEEK	ACTIVE AGING WEEK	ACTIVE AGING WEEK	ACTIVE AGING WEEK		
10 AM – Morning Stretching		40.444 (5) 10 5) (5)	40.000	40.44	40.444 5 11 71 1 1 61 (5)	<b>10 AM</b> – Sit & Be Fit	
w/ Bhav (F) 15 PM – Strength & Conditionin	10 AM Volleyball (F)  4 PM – Autumn Outdoor Walk w/	10 AM – Sit and Be Fit w/Bhav (F) 10:30 AM – Active Living Booth/Walking	<b>10 AM</b> – Hockey	10 AM – Smoothie Making (Hobby Shop) 11:30 AM - Ted Talks (T)	10 AM – Follow The Leader Class (F) 11 AM – Sit & Be Fit w/ Bhav (F)	w/ Melanie (F) <b>11 AM</b> – Fit on your feet	
w/ Bhav (B)	Melanie (T)	Bingo (C)		4:15 PM – Yoga/Tai Chi w/Bhav (F)	4:15 PM – Balance	w/ Melanie (F)	
, 2 (2)	Wicianie (1)	2 PM – Michael Jackson Chair Dancing			w/ Bhav (F)	4 PM – Outdoor Walk w/ Melania	
		(T)				(T)	
Melanie Off	Bhav Off			Melanie Offsite	Melanie Off	Bhav Off	
13	14	15	16	17	18	19	
<b>10 AM</b> – Morning Stretching	The subsect of the Design	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F) <b>11 AM</b> – Sit & Be Fit w/ Melanie (F)	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F)	10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Melanie (F)	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F)	<b>10 AM –</b> Sit & Be Fit w/ Bhav (F)	
w/ Melanie (F)	Thanksgiving Day	1:30 PM – Williamsburg East Exercise	11 AM – Sit & Be Fit w/ Bhav (F)	1:30 PM – Williamsburg East Exercise	11 AM – Sit & Be Fit w/ Bhav (F)	11 AM – Fit on your feet	
:15 PM – Strength & Conditionin	NO PAL	4:15 PM – Yoga/Tai Chi w/ Bhav (F)	4 PM – Outdoor Walk w/ Melanie (T)	4:15 PM – Strength & Conditioning w/	<b>4:15 PM</b> – Balance	w/ Bhav (F)	
w/ Melanie (B)	PROGRAMS TODAY	4:15 PM – Strength & Conditioning	<b>4:15 PM</b> – Stretching w/ Bhav (F)	Melanie (B)	w/ Bhav (F)	4 PM – Outdoor Walk w/ Bhav (T	
	Bhav and Melanie Off	w/ Melanie (B)		4:15 PM – Yoga/Tai Chi w/ Bhav (F)			
Bhav Off	-	22	23	24	Melanie Off 25	Melanie Off 26	
20	21	10 AM – Sit & Be Fit w/ Bhav (F)	23	24	25	<b>10 AM</b> – Sit & Be Fit	
10 AM – Morning Stretching	10 AM – Sit & Be Fit w/ Melanie (F)	11 AM – Sit & Be Fit w/ Melanie (F)	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F)	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F)	<b>10 AM</b> – Sit & Be Fit w/ Bhav (F)	w/ Melanie (F)	
w/ Bhav (F)	11 AM – Morning Stretching w/	1:30 PM – Williamsburg East Exercise	<b>11 AM</b> – Sit & Be Fit w/ Bhav (F)	11 AM – Fit on your feet w/ Melanie (F)	11 AM – Sit & Be Fit w/ Bhav (F)	11 AM – Fit on your feet	
:15 PM – Strength & Conditionin	- 1	4:15 PM – Yoga/Tai Chi w/ Bhav (F)	<b>4 PM</b> – Outdoor Walk w/ Melanie (T)	1:30 PM – Williamsburg East Exercise	<b>4:15 PM</b> – Balance	w/ Melanie (F)	
w/ Bhav (B)	4 PM – Outdoor Walk w/ Melanie (T)	4:15 PM – Strength & Conditioning	<b>4:15 PM</b> – Stretching w/ Bhav (F)	4:15 PM – Strength & Conditioning w/	w/ Bhav (F)	4 PM – Outdoor Walk w/ Melani	
		w/ Melanie (B)		Melanie (B) 4:15 PM – Yoga/Tai Chi w/ Bhav (F)		(1)	
Melanie Off	Bhav Off	Melanie Off		T.13 FWI - TOGA/TAI CITI W/ BITAV (F)	Melanie Off	Bhav Off	
27 28		29	30	31			
		Programs written in <i>ITALICS</i> are					
10 AM – Morning Stretching	10 AM – Sit & Be Fit w/ Melanie (F)	10 AM – Sit & Be Fit w/ Bhav (F)	10 AM – Sit & Be Fit w/ Bhav (F)				
w/ Melanie (F) :15 PM – Strength & Conditioning	11 AM – Morning Stretching w/ Melanie (F)	11 AM – Sit & Be Fit w/ Melanie (F) 1:30 PM – Williamsburg East Exercise	11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – Outdoor Walk w/ Bhav (T)	HALLOWEEN!	outdoors and therefore weather		
w/ Melanie (B)	4 PM – Outdoor Walk w/ Melanie (T)	4:15 PM – Yoga/Tai Chi w/ Bhav (F)	4:15 PM – Strength & Conditioning w/				
, (- )	(1)		Malaria (D)	NO PAL PROGRAMS TODAY	denendent		

Melanie (B)

dependent.